



UNIVERSITI TEKNOLOGI MARA

SEL204: AEROBIC

Course Name (English)	AEROBIC APPROVED
Course Code	SEL204
MQF Credit	2
Course Description	Being introduced to the aerobic exercises, the students will identify it as a rapidly developing participation sport, which is undergoing an evolutionary process, because of the new trends in fitness that offers the benefits to produce a vigorous work out.
Transferable Skills	instruction, cue, communication, music mapping & etc
Teaching Methodologies	Lectures, Practical Classes, Discussion, Presentation
CLO	CLO1 explain the importance of aerobic exercises towards good physical wellness and optimal health. CLO2 Discuss the importance of increasing working capacity of the cardiovascular and pulmonary systems CLO3 apply various aerobic exercises to enhance ability to perform in various sports CLO4 design their own aerobic dance programmes
Pre-Requisite Courses	No course recommendations
Topics	
1. Nature of the aerobic activities 1.1) facts about aerobic exercises 1.2) benefits of aerobic exercises	
2. popular forms and versatility of the aerobic exercises 2.1) types of training intermittent and continuous training. 2.2) achieving aerobic fitness level	
3. Aerobic dance techniques 3.1) Fundamental skills and basic choreography 3.2) High impact versus low impact aerobics 3.3) Step aerobics and slide aerobics 3.4) teaching considerations	
4. Risk of injury 4.1) Guidelines and precautions for aerobic activities	
5. Practical 5.1) n/a	

Assessment Breakdown	%
Continuous Assessment	100.00%

Details of Continuous Assessment	Assessment Type	Assessment Description	% of Total Mark	CLO
	Attendance	students are required to attend every class and perform their routine in class	5%	
	Group Project	students are required to organize a aerobic dance event for the faculty, university or community.	30%	CLO3 , CLO4
	Practical	students are required to design their own aerobic dance routine and create an event to present their designed routine.	20%	CLO4
	Presentation	student need to set aerobic dance programs	30%	CLO4
	Test	Final test	15%	CLO1 , CLO2

Reading List	This Course does not have any book resources		
Article/Paper List	Reference Article/Paper Resources	<ul style="list-style-type: none"> • Marten and Rainer 1987, <i>Coaches guide to Sport Psychology, Champaign, IL: Human Kinetics</i> • Sharkey, B.J. 1984, <i>Physiology of Fitness., Campaign, IL: Human Kinetics</i> 	
Other References	This Course does not have any other resources		