

**BARNARD COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION**

**CARDIO MIX
PHED 1582**

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COURSE DESCRIPTION

This course focuses on cardiovascular exercise, including Multi-Impact Aerobics, Step Aerobics, Interval training, and Kick-boxing. Instruction in basic strength training techniques are also included. Proper techniques for warm-up, cool-down, strength training and flexibility exercises are stressed.

COURSE OBJECTIVES Students will:

- Participate in class activities at an appropriate level of intensity.
- Learn proper aerobic and strength training form in a safe and effective manner.
- Learn techniques to monitor cardiovascular effort and fitness.

COURSE REQUIREMENTS Students must:

- Adhere to the attendance policies of the Physical Education department (see handout). Attendance is taken at the start of each class meeting.
- Be properly dressed in workout wear (e.g. bike shorts, jog bra, t-shirt). Aerobic or Cross Training shoes are recommended. If you are not dressed properly, you will not be permitted to exercise. This results in an absence.
- Bring a water bottle in a closed container (no glass) and use the restroom BEFORE class begins.

TENTATIVE WEEKLY SCHEDULE

- 1 Orientation, class etiquette, basic multi-impact footwork.
- 2 Multi-impact aerobics, introduction to abdominal work, and push-ups.
- 3 Multi-impact choreography; monitoring of heart rate/exertion level.
- 4 Multi-impact choreography; introduction to strength training with weights and dynabands.
- 5 Intervals: alternating aerobic activity with strength training.
- 6 Multi-impact aerobics/sculpting with the Body Bars; midterm Stretch/Relaxation class.
- 7 Introduction to Step Aerobics.
- 8 Step Aerobics choreography and use of the Mini Bench.
- 9 Introduction to Kick-boxing.
- 10 Kick-boxing and Cardio Hip-Hop.
- 11 Circuit training.
- 12 The “All Out Workout”: combining Step, Aerobics, Kick-boxing, and Body Sculpt.
- 13 Student choice of activity.