

Introduction to Aerobic Dance Exercise

Syllabus Number

DMB-102

Elective

2 credit

TADA, Satsuki

1. Course Description

Understand the basics of aerobic dance exercises, its history, movement characteristics, and training sessions.

In addition, students will experience aerobic dance exercises and feel the fun of moving rhythmically and the effects on the body.

They will also learn how to choreograph aerobic exercises and present them in groups.

Students will acquire skills to teach aerobic dance and resistance exercises to groups, learn about group exercise teaching methods, and acquire the skills as an aerobic dance instructor or group exercise fitness instructor.