

# Aerobic Dance Exercise Practice I

Syllabus Number

DMB-203

Elective

1 credit

TADA, Satsuki

## 1. Course Description

Understand the basic knowledge of aerobic dance exercises, and learn the basic steps, correct (good) ways of moving, and how to make programs through practical training.

In addition, the students will experience the effects on their own body by measuring their heart rate, and enhance their self-learning ability for health and physical fitness.

The purpose of this course is also to understand the role of group exercise instructors and to acquire communication skills as an instructor and techniques such as program creation according to the objectives of participants.