

Aerobic Dance Exercise Practice II

Syllabus Number

DMB-301

Elective

1 credit

TADA, Satsuki

1. Course Description

In order to become an aerobic dance exercise instructor, students will acquire correct step movements, program composition, and instructional techniques through practical training.

In addition, sports club instructors will be invited as outside instructors to provide opportunities for students to experience the program and ask questions to the instructors, with the aim of raising their awareness toward obtaining certification.

The goal is to acquire certifications such as Aerobic Dance Instructor (ADI) and Health Exercise Instructor.