



Course Category	Wellness			
Course Title	Steps Aerobics			
Course Code	BH056			
Medium of Instruction	Cantonese			
Duration	48.0 hour(s)			
Course Fee	Macao Resident: MOP3,440 Non-Macao Resident: MOP3,440			
Certificate	Students who have obtained an overall passing grade of the course and met the attendance requirement will be issued a course certificate by UTM. The passing grade of the course is 50.			
	Course Code	Sub Code	Course Start Date	Course End Date
	BH056	2401	2024/03/11	2024/05/13
Objective	This course is for those who are inspired to become step aerobics instructors or just simply interested in it. It focuses on the necessary skills for step aerobics instruction including choreography, instruction skills, strength training and safety issues. After this course, learners will possess the basic skills needed for basic step aerobics instruction.			
Outline	<ul style="list-style-type: none">• Introduction to aerobic dancing• Techniques and the usage of music• Basic moves and choreography• Cueing and right footing• Instruction skills• Lesson design, strength training and step instruction• Practical rehearsal			
Teacher	Please refer to the schedule			