

**PED 114**  
**AEROBICS II**

**COURSE DESCRIPTION:**

Prerequisites: PED 113

Corequisites: None

This course provides a continuation of a program of cardiovascular fitness involving rhythmic exercise. Emphasis is on a wide variety of aerobic activities which include cardiovascular efficiency, strength, and flexibility. Upon completion, students should be able to participate in and design a rhythmic aerobic exercise routine. *This course is approved to satisfy the Comprehensive Articulation Agreement for transferability as a pre-major and/or elective course requirement.* Course Hours Per Week: Lab, 3. Semester Hours Credit, 1.

**LEARNING OUTCOMES:**

The student will be able to:

- a. Demonstrate increase in flexibility, muscular strength and endurance, and cardiorespiratory fitness.
- b. Understand and communicate exercise principles and techniques for a safe aerobics class.
- c. Choreograph and teach class with warm-up, aerobic and cool down exercise routine.

**OUTLINE OF INSTRUCTION:**

- I. Introduction to aerobic components
  - A. Exercise principles
  - B. Aerobic techniques
- II. Development of ability
  - A. Demonstration and explanation of different techniques
  - B. Participation and practice of techniques
- III. Designing a class
  - A. Incorporating music with movements
  - B. Basic components of class including warm-up and cool-down

**REQUIRED TEXTBOOK AND MATERIALS:**

None

**STATEMENT FOR STUDENTS WITH DISABILITIES:**

Students who require academic accommodations due to any physical, psychological, or learning disability are encouraged to request assistance from a disability services counselor within the first two weeks of class. Likewise, students who potentially require emergency medical attention due to any chronic health condition are encouraged to disclose this information to a disability services counselor within the first two weeks of class. Counselors can be contacted by calling 686-3652 or by visiting the Student Development Office in the Phail Wynn Jr. Student Services Center, room 1309.