

PED 113 AEROBICS

Prerequisites: None

Corequisites: None

This course introduces a program of cardiovascular fitness involving continuous, rhythmic exercise. Emphasis is on developing cardiovascular efficiency, strength, and flexibility as well as learning safety precautions. Upon completion, students should be able to select and implement a rhythmic aerobic exercise program. *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. Learn and practice proper exercise principles and techniques, which can lead to design of a personal program.
- b. Increase flexibility, muscular strength and endurance, and cardiorespiratory fitness.
- c. Learn the “wellness” concept leading to a more qualitative lifestyle.

OUTLINE OF INSTRUCTION:

- I. Introduction to aerobics
 - A. Class objectives
 - B. Class procedures
 - C. Methods of evaluation
 - D. Pretest for entrance fitness level
- II. Fundamentals and instruction
 - A. Components of aerobic class
 - B. Personal fitness levels and goal setting
 - C. Safe exercise-training heart rate
 - D. Introduction to movement to/with music
- III. Aerobic training
- IV. Post-test for exit fitness level
- V. Beyond fitness – wellness

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.