



Course Information

Division	Health Sciences
Contact Hours	2
Theory	2
Lab Hours	30
Total Credits	1

Prerequisites ENGL 090 and RDG 090 or qualifying scores on accepted placement tests

Course Description

The purpose of this course is to introduce the student to aerobic exercise done to music and using various styles and equipment. Attire, terminology, health effects, and safety issues are discussed. Emphasis is on individual fitness needs, including increasing flexibility, toning, strengthening, and cardiovascular improvement. Written and skills tests are part of the course. ***A medical release may be required.***

Course Outcomes

In order to evidence success in this course, students will be able to:

1. Identify/Recognize:
 - a. characteristics to consider in purchasing shoes, clothing, and equipment to be used in aerobic exercising
 - b. the effects of regular activity in promoting health, including
 - c. weight control
 - d. psychological benefits
 - e. aerobic vs. anaerobic activity and how they affect the heart
 - f. nutritional needs
 - g. safety precautions related to aerobic exercising
2. Demonstrate/Practice:
 - a. a choreographed aerobic routine to music as directed by the instructor
 - b. an exercise at 60-80% of maximum heart rate during aerobic segment
 - c. reasonable personal fitness goals based on a pretest
 - d. the ability to pass a written exam on course material
 - e. safety precautions/considerations while exercising
3. Believe/Feel/Think:
 - a. that his/her attitudes related to aerobic exercise will change as class starts and ends
 - b. in the positive effects of regular exercise