

Virginia Western Community College

PED 103

Aerobic Fitness I

Prerequisites

None

Course Description

Develops cardiovascular fitness through activities designed to elevate and sustain heart rates appropriate to age and physical condition. Part I of II (VCCS MCR Description)

This course will cover exercises using the step for cardiovascular fitness as well as other exercises to strengthen and tone your body. (Additional Description added by the faculty)

Semester Credits: 1

Lecture Hours: 0

Lab/Clinical/Internship Hours: 2

Required Materials

Textbook:

None

Other Required Materials:

Steps provided

Course Outcomes

At the completion of this course, the student should be able to:

- Demonstrate a basic understanding of how step aerobics contributes to cardiovascular health
- Develop skills related to performing exercise to music
- Improve verbal skills as they relate to following step instruction

Topical Description

1	Fundamentals of Step Aerobics
2	Instruction in recognizing the beat of the music as it relates to movement
3	Provide a sequence of skills building on a routine done to music

Note to Instructors