

# **PED 104 AEROBIC FITNESS II**

## **COURSE OUTLINE**

**Prerequisites: None**

**Course Description:**

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

**This course will focus on cardiovascular conditioning using a variety of activities lead interested students developing a walk/run program. (Additional Description added by the faculty)**

**Semester Credits: 1 Lecture Hours:0 Lab Hours: 2**

**VIRGINIA WESTERN COMMUNITY COLLEGE  
PO Box 14007  
Roanoke, VA 24038  
(540)-857-7273**



# **PED 104 AEROBIC FITNESS II**

## **Course Outcomes:**

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

- **Demonstrate a basic understanding of how exercise contributes to cardiovascular health.**
- **Develop skills related to improving endurance.**
- **Demonstrate the fundamentals of establishing regular exercise into one's lifestyle.**

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# **PED 103 Aerobic Fitness I**

**Required Materials:**

**Textbook: None**

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# **PED 103**

## **Aerobic Fitness I**

### **Topical Descriptions**

- **Cardiovascular Health.**
- **Improving Endurance.**
- **Establishing Regular Exercise**

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