

Minnesota State University Moorhead

PE 101: Step Aerobics

A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: 1

Lab Hours/Week: *.*

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course provides instruction in the principles of aerobic exercise using a step and requires participation in daily exercise routines designed to develop aerobic fitness.

B. COURSE EFFECTIVE DATES: 08/25/2008 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Introductory Steps.
2. Full Scale Step Aerobics.

D. LEARNING OUTCOMES (General)

1. Understand and display understanding of the principles of exercise.
2. Experience the benefits of regular exercise for mind and body.
3. Complete the program of warm-up, cardiovascular exercise and cool-down each day at their appropriate intensity level.
4. Learn proper techniques for muscular endurance/strength exercises.
5. Learn proper techniques when using the step.
6. Develop positive attitudes, skills and habits in exercise for the future.
7. Explore their fitness personality and personal motivation.

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted