

Minnesota State University Moorhead

PE 139: Cardio Salsa

A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: 1

Lab Hours/Week: *.*

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

Aerobic activity strengthens the heart and lungs, lowers total cholesterol, decreases stress, reduces the risk of some diseases and improves quality of life. The cardio classes provide you with all the benefits of aerobic activity in a fun and supportive group setting.

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

C. OUTLINE OF MAJOR CONTENT AREAS

1. Benefits of Aerobic activity.
2. Steps for basic Salsa/Latin dances.

D. LEARNING OUTCOMES (General)

1. Students will learn the benefits of aerobic activity.
2. Learn how to determine target heart rate.
3. Learn basic dance steps for Latin dances.

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

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted