Alexandria Technical and Community College

PHED 1501: Aerobics/Toning

A. COURSE DESCRIPTION
   Credits: 1
   Lecture Hours/Week: *.*
   Lab Hours/Week: 2
   OJT Hours/Week: *.*
   Prerequisites: None
   Corequisites: None
   MnTC Goals: None

   Aerobics/Toning is a fitness course for students, faculty, staff and the community designed to combine the benefits of cardiovascular aerobic training along with physical conditioning. The purpose of this course is to provide basic knowledge and techniques of aerobic and physical exercise along with the utilization of exercise in stress management and relaxation. Participants start with low impact aerobics and toning exercises with the potential of moving to an intermediate level by the end of the term.

B. COURSE EFFECTIVE DATES: 08/27/2001 - Present

C. OUTLINE OF MAJOR CONTENT AREAS
   1. Increase cardio vascular performance.
   2. Increase muscle strength and endurance.
   3. Participate in strength and aerobic training sessions.

D. LEARNING OUTCOMES (General)
   1. The learner will increase muscular strength and endurance through resistance training using a variety of methods.
   2. The learner will increase cardiovascular endurance through aerobic training.

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies
   None

F. LEARNER OUTCOMES ASSESSMENT
   As noted on course syllabus

G. SPECIAL INFORMATION
   None noted