

University of Arkansas – Fort Smith
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General Syllabus

PEAC 10161 Beginning Aerobic Fitness

Credit Hours: 1 Lecture Hours: 0 Laboratory or Other Type of Hours: 2 (Act.)

Prerequisite: None

Effective Catalog: 2019-2020

I. Course Information

A. Catalog Description

Fundamental physical fitness program for male and female students, based on principles of aerobic fitness. Designed to improve both cardiovascular fitness and overall body condition. Students learn basic aerobic principles and participate in aerobic activity sessions.

B. Additional Information

Beginning Aerobics is an exercise program of choreographed routines of "continuous rhythmic activity" through combining motor skills such as jogging, dance steps, and various other exercises that are vigorous in nature. The routines are designed to be simple enough for all individuals to feel success as they "move" to improve cardiovascular fitness. The routines are challenging, yet basic enough to be fun and invigorating, while adding the benefits of improved coordination, flexibility, balance, and agility.

II. Student Learning Outcomes

A. Subject Matter

Upon successful completion of this course, the student will be able to:

1. Improve cardiovascular fitness.
2. Tone muscles.
3. Discuss the importance of regular vigorous exercise.
4. Develop healthy habits to continue this type of activity and share the challenge with others.

B. University Learning Outcomes

This course enhances student abilities in the following areas:

Analytical Skills**Critical Thinking Skills**

Students will learn to analyze the form and techniques of proper physical movements performed in this class.

III. Major Course Topics

- A. Progressive warm-up and stretching
- B. Moderate to vigorous exercise routines
- C. Importance of cool-down period and stretch
- D. Sit-down routine that may be used within the warm-up period and/or the cool-down period