

University of Arkansas – Fort Smith
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General Syllabus

PEAC 10261 Intermediate Aerobic Fitness

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

Prerequisite: PEAC 10161 Beginning Aerobic Fitness

Effective Catalog: 2019-2020

I. Course Information

A. Catalog Description

Continuation of study and practice of aerobic fitness fundamentals. Emphasis on diet and improvement of physical fitness already possessed by student.

II. Student Learning Outcomes

A. Subject Matter

By the end of the course, the students will be able to:

1. Train to sustain their target heart rate for 20 minutes.
2. Increase muscle mass and lose fat weight.
3. Increase knowledge of the importance of regular aerobic exercise.

B. University Learning Outcomes

This course enhances student abilities in the following areas:

Analytical Skills

Critical Thinking Skills

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

III. Major Course Topics

- A. Pre and post fitness evaluations
- B. Diet and nutrition
- C. Muscle toning exercise
- D. Core training
- E. Increased flexibility