

# Minnesota State University Moorhead

## PE 100: Aerobic Dance

### A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: \*.\*

Lab Hours/Week: 2

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course provides instruction in the principles of aerobic exercise and requires participation in daily aerobic dance routines designed to develop aerobic fitness and rhythmic skills.

**B. COURSE EFFECTIVE DATES:** 06/25/1997 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Introductory Steps.
2. Full Scale Aerobic Dance.

### 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, aerobic activity and cool-down each day at their appropriate intensity level.
4. Learn proper techniques for muscle endurance/strength exercises.
5. Develop positive attitudes, skills, and habits in exercise for the future.
6. 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