

# Minnesota State University Moorhead

## PE 101: Step Aerobics

### A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: 1

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course provides instruction in the principles of aerobic exercise using a step and requires participation in daily exercise routines designed to develop aerobic fitness.

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

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Introductory Steps.
2. Full Scale Step Aerobics.

### 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, cardiovascular exercise and cool-down each day at their appropriate intensity level.
4. Learn proper techniques for muscular endurance/strength exercises.
5. Learn proper techniques when using the step.
6. Develop positive attitudes, skills and habits in exercise for the future.
7. 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