

**J. Sargeant Reynolds Community College
Course Content Summary**

Course Prefix and Number: PED 103

Credits: 1

Course Title: Aerobic Fitness I

Course Description:

Develops cardiovascular fitness through activities designed to elevate and sustain heart rates appropriate to age and physical condition. Part I of II. Laboratory 2 hours per week.

Course Purpose:

This course will teach the fundamental aspects of various techniques of aerobic exercise and some basic information with regard to physical activity. The course serves as a personal wellness general education elective.

Course Prerequisites/Co-requisites:

None

Course Objectives:

Upon completing the course, the student will be able to

1. Identify the benefits of the five health-related components of physical fitness.
2. Identify methods of determining body composition.
3. Apply various health and wellness principles to improve personal health status.
4. Identify components of an exercise program.
5. Design an effective personal aerobic workout to include warm-up, aerobic activity, and cool down.
6. Demonstrate proper body mechanics and various aerobic exercise formats.
7. Demonstrate improvement in one's level of cardiorespiratory fitness, muscular strength, muscular endurance, and flexibility.
8. Recognize choreographic terminology.
9. Teach and critique aerobic exercise demonstrations by peers.

Major Topics to be Included:

1. Health-related components of physical fitness (#1, 3)
 - a. cardiorespiratory fitness,
 - b. muscular strength,
 - c. muscular endurance,
 - d. flexibility,
 - e. body composition, and;
 - f. functional fitness
2. Body fat composition (#2, 3)
3. Choreographic terminology (#8)
4. Exercise formats and body mechanics (#4, 5, 6, 9)
5. Exercise program components (#5, 6, 8, 9)
6. Cardiovascular strength and endurance (#7)
 - a. Cardiovascular fitness activities
 - b. Pre- and post-heart rate measure

Effective Date of Course Content Summary: May 1, 2013