

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

Course Prefix and Number: PED 103

Credits: 2

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. Lecture 1 hour. Laboratory 2 hours. Total 3 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 and Co-requisites:
None

Course Objectives:

Upon completing the course, the student will be able to

- a. Identify the benefits of the five health-related components of physical fitness;
- b. Identify methods of determining body composition;
- c. Apply various health and wellness principles to improve personal health status;
- d. Identify components of an exercise program;
- e. Design an effective personal aerobic workout to include warm-up, aerobic activity, and cool down;
- f. Demonstrate proper body mechanics and various aerobic exercise formats;
- g. Demonstrate improvement in one's level of cardiorespiratory fitness, muscular strength, muscular endurance, and flexibility;
- h. Recognize choreographic terminology;
- i. Teach and critique aerobic exercise demonstrations by peers; and
- j. Develop and/or identify personal wellness/exercise goals (using the SMART method), focused on the improvement of cardio/aerobic fitness.

Major Topics to Be Included:

- a. SMART method for planning
- b. Health-related components of physical fitness
 1. cardiorespiratory fitness
 2. muscular strength
 3. muscular endurance
 4. flexibility
 5. body composition
 6. functional fitness
- c. Choreographic terminology
- d. Exercise formats and body mechanics
- e. Exercise program components
- f. Proper warm-up and cool down
- g. Cardiovascular strength and endurance
 1. Cardiovascular fitness activities
 2. Pre- and post-heart rate measure

Effective Date of Course Content Summary: August 14, 2015