

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

Course Prefix and Number: PED 104

Credits: 2

Course Title: Aerobic Fitness II

Course Description: Develops cardiovascular fitness through activities designed to elevate and sustain heart rates appropriate to age and physical condition. Part II of II. Prerequisite: PED 103. Lecture 1 hour. Laboratory 2 hours. Total 3 hours per week.

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

Course Prerequisites and Co-requisites:

Prerequisite: PED 103

Course Objectives:

Upon completing the course, the student will be able to

- a. Explain the benefits of the five health-related components of physical fitness;
- b. Apply methods of determining body composition;
- c. Analyze various health and wellness principles to improve personal health status;
- d. Summarize components of an exercise program;
- e. Design an effective personal aerobic workout to include warm-up, aerobic activity, and cool down;
- f. Analyze 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. Explain choreographic terminology;
- i. Teach and critique aerobic exercise demonstrations by peers;
- j. Refine personal wellness goals; and
- k. Develop and/or identify personal wellness goals using SMART and focused on the improvement of cardiovascular 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
 7. Body fat composition
- 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: September 15, 2015