



PE 1010

Division: Social and Behavioral Science

Department: Physical Education

Course: PE 1010

Title: Aerobics I

Catalog Description:

This course utilizes a variety of aerobic exercises, including step aerobics, to improve fitness and promote a healthy lifestyle. Repeatable for credit.

General Education Requirements: N/A

Semesters Offered: Fall, Spring

Credit/Time Requirement: Credit: 1; Lecture: 0; Lab: 2

Offered for Non-Credit: No

Justification:

This course transfers to each of the four year institutions in the Utah System of Higher Education as elective credit (P.E. 1010).

Student Learning Outcomes:

Students will learn a variety of aerobics exercises and fitness strategies designed to improve personal fitness and encourage healthy lifestyle choices.

Content:

Students will learn the following fitness/wellness principles:

- Proper and safe biomechanics of specific exercises and stretches.
- Basics of nutrition for a fit lifestyle.
- Fundamental fitness education
- Aerobic exercise
- Strength exercise
- Flexibility

General Education Outcomes:

10) Apply personal-fitness and wellness-management principles to lifestyle choices.

Students will learn strategies for applying fitness principles to lifestyle choices by participating in the activities and nutrition discussions. Students are evaluated and given feedback during their class participation.

Key Performance Indicators:

Students are assessed by the following approximate values:

Attendance and participation 75%.

Nutrition Lecture feedback 25%.

Representative Text and/or Supplies:

Instructor materials

Optimum Class Size: 40

Maximum Class Size: 40

Signatures:

I hereby submit this course syllabus:

Virgil Ash, M.A., Associate Professor

I hereby find this course consistent with the goals and resources of the Physical Education Department:

Bob Trythall, MS, Associate Professor, Chair

I hereby find this course consistent with the goals and resources of the Social and Behavioral Science Division:

Sue Dalley, M.S., Associate Professor, Dean

I have discussed the need for library resources related to this class with the person submitting the syllabus:

Lynn Anderson, MLIS, Technical Services Librarian (Main Campus)

Michelle Olsen, MLS, Campus Librarian (Richfield Campus)