

PED 107: Aerobics Dance (Beginning)

This course introduces the fundamentals of step and dance aerobics. Emphasis is placed on basic stepping up, basic choreographed dance patterns, and cardiovascular fitness, and upper body, floor, and abdominal exercises. Upon completion, students should be able to participate in basic dance aerobics.

Credits: 1

Transfer Code: Transfer Code

Code C

Lab Hours: 2

Lecture Hours: 0

Prerequisites:

PED 106 or permission of instructor

Co-Requisites:

None