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
Lab Hours: 0
Lecture Hours: 0
Clinical Hours: 2
Prerequisites: PED 106 or permission of instructor.