PED 108: Aerobics Dance (intermediate)

This course provides a continuation of step aerobics. Emphasis is placed on a wide variety of choreographed step and dance patterns; cardiovascular fitness; and upper body, abdominal, and floor exercises. Upon completion, student should be able to participate in and design an aerobics routine.

Credits: 1  
Lab Hours: 0  
Lecture Hours: 0  
Clinical Hours: 2  
Prerequisites: PED 107 or permission of instructor