

PE 192/193: AEROBIC FITNESS I,II

Focuses on increasing individual fitness levels using aerobic dance and bench stepping. Emphasis on safety and enjoyment. This class will include students from multiple sections. (E)

Course Student Learning Outcomes

1. To learn basic bench stepping in a safe and effective manner.
2. To improve endurance, flexibility, muscle to fat ratio and relieve stress.
3. To instruct each student to learn their own limits and to monitor their workout using their own heart rate as a guide.
4. To instruct each student in a variety of ways to increase their heart rate and to encourage a healthier happier life style.

Credits: 1

Program: [Physical Education](#)