Course Prefix and Number: PED 104  
Credits: 2

Course Title: Aerobic Fitness II

Course Description: Develops cardiovascular fitness through activities designed to elevate and sustain heart rates appropriate to age and physical condition. Part II of II. Prerequisite: PED 103. Lecture 1 hour. Laboratory 2 hours. Total 3 hours per week.

Course Purpose: This course will build on the fundamental aspects of various techniques of aerobic exercise and basic information with regard to physical activity. The course serves as a personal wellness general education elective.

Course Prerequisites and Co-requisites:  
Prerequisite: PED 103

Course Objectives:  
Upon completing the course, the student will be able to  
a. Explain the benefits of the five health-related components of physical fitness;  
b. Apply methods of determining body composition;  
c. Analyze various health and wellness principles to improve personal health status;  
d. Summarize components of an exercise program;  
e. Design an effective personal aerobic workout to include warm-up, aerobic activity, and cool down;  
f. Analyze proper body mechanics and various aerobic exercise formats;  
g. Demonstrate improvement in one’s level of cardiorespiratory fitness, muscular strength, muscular endurance, and flexibility;  
h. Explain choreographic terminology;  
i. Teach and critique aerobic exercise demonstrations by peers;  
j. Refine personal wellness goals; and  
k. Develop and/or identify personal wellness goals using SMART and focused on the improvement of cardiovascular fitness.

Major Topics to be Included:  
a. SMART method for planning  
b. Health-related components of physical fitness  
   1. Cardiorespiratory fitness  
   2. Muscular strength  
   3. Muscular endurance  
   4. Flexibility  
   5. Body composition  
   6. Functional fitness  
   7. Body fat composition  
c. Choreographic terminology  
d. Exercise formats and body mechanics  
e. Exercise program components  
f. Proper warm-up and cool down  
g. Cardiovascular strength and endurance  
   1. Cardiovascular fitness activities  
   2. Pre- and post-heart rate measure

Effective Date of Course Content Summary: September 15, 2015