

# PED 106: Aerobics

This course introduces a program of cardiovascular fitness involving continuous, rhythmic exercise. Emphasis is placed on developing cardiovascular efficiency, strength, and flexibility and on safety precautions. Upon completion, students should be able to select and implement a rhythmic aerobic exercise program. As needed.

**Credits:** 1

**Transfer Code:** Code C

**Lab Hours:** 2

**Lecture Hours:** 0

**Program:** Physical Education