

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. As needed.

Credits: 1

Transfer Code: Code C

Lab Hours: 2

Lecture Hours: 0

Prerequisites:

PED 106 or permission of instructor

Program: [Physical Education](#)