

# 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](#)