

# PED 108: Aerobics Dance (Intermediate)

This course provides a continuation of step aerobics. Emphasis is placed on a wide variety of choreographed step and dance patterns; cardiovascular fitness; and upper body, abdominal, and floor exercises. Upon completion, students should be able to participate in and design an aerobics routine. As needed.

**Credits:** 1

**Transfer Code:** Code C

**Lab Hours:** 2

**Lecture Hours:** 0

**Prerequisites:**

PED 107 or permission of instructor

**Program:** [Physical Education](#)