

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](#)