

Minnesota State University Moorhead

PE 101: Step Aerobics

A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: 1

Lab Hours/Week: *.*

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course provides instruction in the principles of aerobic exercise using a step and requires participation in daily exercise routines designed to develop aerobic fitness.

B. COURSE EFFECTIVE DATES: 08/24/2008 - 02/01/2020

C. OUTLINE OF MAJOR CONTENT AREAS

None

D. LEARNING OUTCOMES (General)

None

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted