

Minnesota State University Moorhead

PE 364: Group Exercise Instruction

A. COURSE DESCRIPTION

Credits: 3

Lecture Hours/Week: 3

Lab Hours/Week: 0

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This class will prepare students to teach all kinds of group exercise classes. Group exercise instructors conduct group exercise sessions that include aerobic exercise, stretching and muscle conditioning.

B. COURSE EFFECTIVE DATES: 01/11/2010 - 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