

Minnesota State University Moorhead

PE 100: Group Exercise

A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: 1

Lab Hours/Week: 0

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course provides instruction in the principles of aerobic exercise and requires participation in daily aerobic dance routines designed to develop aerobic fitness and rhythmic skills.

B. COURSE EFFECTIVE DATES: 02/02/2020 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

D. LEARNING OUTCOMES (General)

1. Understand and display understanding of the principles of exercise.
2. Experience the benefits of regular exercise for mind and body.
3. Complete the program of warm-up, aerobic activity and cool-down each day at their appropriate intensity level.
4. Learn proper techniques for muscle endurance/strength exercises.
5. Develop positive attitudes, skills, and habits in exercise for the future.
6. Explore their fitness personality and personal motivation.

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

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted