

# Minnesota State University Moorhead

## PE 364: Group Exercise Leadership

### 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:** 02/02/2020 - 04/13/2022

### 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