## Course Outline

**Course Title:** Aerobic Fitness  
**Submitted By:** B. Gerlach  
**Semester Course Prefix and Number:** PHED 1416  
**Approval Date:** Feb. 2003  
**Old Quarter Course Prefix and Number:** PE 147  
**Revision Date:** October 2002  
**Number of Credits:** 1  
**Number of Lecture Credits:** 1  
**Number of Lab Credits:** 1  
**Number of Lab Hours:**  
**Number of Studio/Demonstration/Internship Credits:**  

### Course Purpose Code:

- **0** – Developmental Courses  
- **1** – Non-transferable, General Education  
- **2** – Technical course related to career programs  
- **3** – College course which has the primary goal of applying certain concepts (e.g. vocal ensemble)  
- **X** – College course which has the primary goal of applying certain concepts (e.g. vocal ensemble)  
- **4** – Other college course not considered a part of general education (MNTC) e.g. computer science, health, physical education  
- **5** – Course which is intended to fulfill the Minnesota Transfer Curriculum (MNTC) requirements.  
- **9** – Continuing Education/Customized Training specialized credit course (not occurring in 0-5)

### Catalog Description:

This course will follow the standards and guidelines of ACE – American Council on Exercise. This will include a definition of aerobic exercise, medical considerations of the participant, body composition, nutrition needs, endurance development, flexibility, injury prevention and treatment, and in-class participation in aerobic exercise.

### Prerequisites and/or recommended entry skills/knowledge:

- **Course Prerequisite(s):** None  
- **Reading Prerequisite:** None  
- **Composition Prerequisite:** None  
- **Mathematics Prerequisite:** None

### Career Programs and Transfer Majors Accessing this Course:

### Minnesota Transfer Curriculum Goal(s) partially met by this course if applicable:

- **0.** X None  
- **1.** Communications  
- **2.** Critical Thinking  
- **3.** Natural Sciences  
- **4.** Mathematical/Logical Reasoning  
- **5.** History and the Social and Behavioral Sciences  
- **6.** The Humanities and Fine Arts  
- **7.** Human Diversity  
- **8.** Global Perspectives  
- **9.** Ethical and Civic Responsibility  
- **10.** People and the Environment

Notes: No more than two goals may be met by any one course. (Curriculum Committee review and the Chief Academic Officer's approval are required).
Learning outcomes, including any relevant competencies listed in the Minnesota Transfer Curriculum:

Upon completion of this course, the student will have learned basic aerobic routines and increased their cardiovascular endurance.

Student assessment methods:

- Participation                                               90%
- Lecture & written final exam                              10%

Use of instructional technology (includes software, interactive video and other instructional technologies):

Outline of the major course content:

Students will participate in aerobic exercise which includes a warm-up cardiovascular (aerobic) exercise – both high and low impact are demonstrated, muscle toning exercises, flexibility and cool-down. The student will learn the definition and experience the benefits of aerobic exercise and will learn base heart rate monitor fundamentals.

Additional special information (special fees, directives on hazardous materials, etc.)

Transfer Information: (Please list colleges/majors that accept this course in transfer.)

Approvals:

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<thead>
<tr>
<th>Body</th>
<th>Representative Signatures</th>
<th>Date</th>
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<tbody>
<tr>
<td>Curriculum Committee</td>
<td>Dr. Bonnie K. Edwards</td>
<td>October 10, 2002</td>
</tr>
<tr>
<td>Faculty Association</td>
<td>Georgia Suoja</td>
<td>December 16, 2002</td>
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<tr>
<td>Meet and Confer</td>
<td>Jill Peterson</td>
<td>February 1, 2003</td>
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<tr>
<td>Chief Academic Officer</td>
<td>Jill Peterson</td>
<td>February 1, 2003</td>
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