COURSE DESCRIPTION

Aerobic Fitness (2)(A.A.) This activity is designed to strengthen the heart, lungs and vascular system through exercise.

PERFORMANCE STANDARDS

The student, at successful completion of this course, will be able to:

1. Define aerobic fitness.
2. Assess personal fitness and body composition.
3. Explain the relationship of weight control and exercise.
4. Identify health and safety hints which will keep aches and pains to a minimum while, and as a result of, exercising.
5. Define intensity, duration, and frequency as they apply to aerobic fitness.
6. Improve aerobic capacity.
7. Monitor progress during the course.
8. Participate in a three segment workout.

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