

Northwest Arkansas Community College
(Social & Behavioral Sciences Division)

Discipline Code

PEAC

Course Number

1061

Course Title

Aerobic Fitness

Catalog Description

The Aerobic Fitness is an eight-week course that is designed for all body types and fitness levels, focusing on total body conditioning by incorporating low-to-high intensity exercises with interspersed recovery periods. Interval training will allow an increase in both endurance and strength. Workouts can be scaled depending on ability and personal goals, research show that interval training allows more caloric burn and increased fitness levels. *Course will be held at NWACC, CHP 3018. No user fee or textbooks required.

Prerequisites

N/A

Credit Hours

1 credit hour

Contact hours

15 contact hours

Load hours

1 load hour

Semesters Offered

On Demand

ACTS Equivalent

N/A

Grade Mode

A-F

Learning Outcomes

Students completing this course will:

- Increase understanding of the importance of fitness as a valuable lifetime activity.
- Improve general fitness, build personal fitness goals, and feel better about yourself.

- Become familiar to the best days and times to reliably complete your workouts.
- Learn proper usage of fitness equipment and safety methods.

General Education Outcomes Supported

- N/A

Standard Practices

Topics list

- N/A

Learning activities

- N/A

Assessments

- N/A

Grading guidelines

- N/A

Last Revision Date: Spring 2022