

**NorthWest Arkansas Community College Division of Social and
Behavioral Sciences, Education and
Wellness, Legal and Protective Services**

PEAC 1061 (Aerobic Fitness)

Catalog Description:

This is an eight week course designed for all fitness levels. Technique and form will be taught for essential components of fitness as well as total body conditioning and toning. Music will enhance exercises working all major muscle groups. Cardiovascular exercises and targeted muscle strength training will allow students to gain a true understanding of the importance of training with a purpose. As confidence and endurance are gained the exercises will advance on a weekly basis. Students will set personal goals and monitor those goals over time. Adaptation and modification of exercises will be provided by the instructor in order to allow all students to participate.

Prerequisites:

None

Credit hours/Contact hours/Load hours:

1/1/1

Course Objectives:

Upon the completion of this course, the student should be able to:

- 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.