

**J. Sargeant Reynolds Community College  
Course Content Summary**

**Course Prefix and Number: PED 103**

**Credits: 2**

**Course Title:** Aerobic Fitness I

**Course Description (including lecture hours, lab hours, total contacts)**

Develops cardiovascular fitness through activities designed to elevate and sustain heart rates appropriate to age and physical condition. Lecture 1 hour. Laboratory 2 hours. Total 3 hours per week.

**General Course Purpose**

This course will teach the fundamental aspects of various techniques of aerobic exercise and some basic information with regard to physical activity.

**Course Prerequisites/Corequisites** (*Entry-level competencies **required** for enrollment*):

None

**Course Objectives** (Each item should complete the following sentence.)

Upon completing the course, the student will be able to:

- a. Show evidence of improvement in one's level of cardiovascular fitness, strength, and flexibility.
- b. Demonstrate competence in cardiovascular-strength, and flexibility-type activities.
- c. Analyze the significance of a body fat analysis.
- d. Develop a nutritionally sound diet and weight control program and assess his/her individual nutritional requirement.

**Major Topics to be Included**

- a. Cardiovascular strength and endurance
- b. Cardiovascular activities and conditioning
- c. Analysis of body fat
- d. Nutrition and weight control analysis

**Effective Date of Course Content Summary (Month, Date Year):** August 1, 2008