

University of Arkansas – Fort Smith
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General Syllabus

PHYE 1021 Intermediate Aerobic Fitness

Credit Hours: 1 **Lecture Hours:** 0 **Laboratory /Other Type Hours:** 2 (Act.)

Prerequisite: PHYE 1011 Beginning Aerobic Fitness

Effective Semester: Spring 2003

I. Course Information

A. Catalog Description

Continuation of study and practice of aerobic fitness fundamentals. Emphasis on diet and improvement of physical fitness already possessed by student.

B. Additional Information – None

II. Student Learning Outcomes

A. Subject Matter

By the end of the course, the students will have:

1. Trained to sustain their target heart rate for 20 minutes.
2. Increased muscle mass and loss of fat weight.
3. Increased knowledge of the importance of regular aerobic exercise.

B. University Learning Outcomes

This course enhances student abilities in the following areas:

Analytical Skills

Students will learn to analyze the form and techniques of proper physical movements performed in this class.

III. Major Course Topics

- A. Pre and post fitness evaluations
- B. Diet and nutrition
- C. Muscle toning exercise
- D. Core training
- E. Increased flexibility