

University of Arkansas – Fort Smith
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General Syllabus

PHYE 1011 Beginning Aerobic Fitness

Credit Hours: 1 **Lecture Hours:** 0 **Laboratory or Other Type of Hours:** 2 (Act.)
Prerequisite: None
Effective Semester: Fall 1998

I. Course Information

A. Catalog Description

Fundamental physical fitness program for male and female students, based on principles of aerobic fitness. Designed to improve both cardiovascular fitness and overall body condition. Students learn basic aerobic principles and participate in aerobic activity sessions.

B. Additional Information

Beginning Aerobics is an exercise program of choreographed routines of "continuous rhythmic activity" through combining motor skills such as jogging, dance steps, and various other exercises that are vigorous in nature. The routines are designed to be simple enough for all individuals to feel success as they "move" to improve cardiovascular fitness. The routines are challenging, yet basic enough to be fun and invigorating, while adding the benefits of improved coordination, flexibility, balance, and agility.

II. Student Learning Outcomes

A. Subject Matter

Upon successful completion of this course, the student will have:

1. Experienced improvement in cardiovascular fitness.
2. Toned muscles.
3. Increased knowledge of the importance of regular vigorous exercise.
4. Enjoyed the challenge to continue this type of activity and shared the challenge with others.

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. Progressive warm-up and stretching
- B. A series of moderate to vigorous routines
- C. A cool-down period and stretch
- D. A sit-down routine that may be used within the warm-up period and/or the cool-down period