



Course Number	PHED 1110, Dance: Aerobic Dance
Course Name	
Credit Value (Breakdown of theory and lab credits)	1 Studio
Catalog Course Description	Exercise and movements for general physical fitness. (1, 0T+1S)
Course Student Learning Outcomes/Objectives /Competencies of the Course	<p>Student Learning Outcomes: At the end of this course the student will:</p> <ol style="list-style-type: none"> 1. Demonstrate physical ability to perform various aerobics exercises. 2. Explain the principles of a safe workout and follow those rules. 3. Describe the principles of maintaining a target heart rate. 4. Demonstrate accurate body movements through regular routines. 5. Demonstrate and explain strength and flexibility exercises in workouts.
College-Wide Student Learning Outcomes	<p>PHED 1110, Dance: Aerobic Dance will expose students to the following NNMCC College Wide Goal:</p> <p><i>Cultural Competence:</i></p> <ul style="list-style-type: none"> ● <i>Students are required to work with distinct cultures and identities</i>
Program Student Learning Outcomes measured	None