

PED 271 Physical Fitness Training (2)

***Title:** *Get in Shape!* ***Instructor:** Andrea E. Holmes

Course Description:

This course is designed for students who want to improve their physical, mental, and spiritual health. The physical fitness component will improve students' body image, aerobic endurance, flexibility, muscle tone and strength.

Each class will begin at 8AM with a warm-up. This is followed by aerobic exercises such as dance, kickboxing, and cardio steps to contemporary music, floor exercises that include yoga poses and strength training. Several classes will also have a component of circuit training.

This course is **NOT** designed for athletes, but for students who want to begin a daily exercise regimen. All workouts can be modulated according to the students' fitness level.

Student Learning Objectives:

Students will learn how to work out on a regular basis. They will learn aerobic exercises that will help them improve their endurance and stamina. Students will also learn classic yoga poses, detailed instructions, beginner tips, preparatory poses, benefits, and contraindications of some exercises.

***Grading System:** X Letter grades

***Course Requirements:**

Students must attend all classes. Punctuality is required and tardiness is not tolerated.

***Prerequisite:** None

***Texts or Readings Required:** None

***Additional costs:** Workout attire and good fitness shoes