PED 220 Physical Fitness Training (2)

*Just Dance! Dance yourself in shape with rhythms to hip hop, rock and roll, aerobics, ballet, classic dance steps, and fitness moves. *Instructor: Andrea E. Holmes

Course Description:

This course is designed for beginning students who want to improve their physical, mental, and spiritual health by learning dance steps that result in a work out. The physical fitness component will improve students’ body image, aerobic endurance, flexibility, muscle tone and strength.

Each class will begin at 9AM with a warm-up. This is followed by aerobic exercises such as dance, cardio steps to contemporary music, floor exercises that include yoga poses and strength training. Some of the classes will have a component of dancing using Wii technology. The class will also have choreographed dance styles danced to music.

This course is NOT designed for dancers or athletes, but for students who want to begin a daily exercise regimen using fun and easy dance routines. 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 dance 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