

# PED 108: Aerobics Dance (Intermediate)

This course provides a continuation of step aerobics. Emphasis is placed on a wide variety of choreographed step and dance patterns; cardiovascular fitness; and upper body, abdominal, and floor exercises. Upon completion, students should be able to participate in and design an aerobics routine. Rhythmic activity.

**Credits:** 1

**Prerequisites:**

PED 107 and/or as required by program.

**Program:** Physical Education