

# PE 182A : Beginning Group Fitness

Promotes fitness, health, and overall wellness through structured group fitness classes. Introduces knowledge and skills needed to perform safe and proper group fitness exercises. Emphasizes improved cardiorespiratory conditioning, muscle strength and endurance, flexibility, and body composition. Skills covered may vary by campus, term, and/or instructor.

Each student supplies his/her own clothing. Clothing should be loose and comfortable fitting for exercise. Shoes are mandatory and should be designed for aerobic exercise. Class format includes warm-up, a cardiovascular segment, muscular endurance and strength exercise, flexibility, and cooldown.

**Credits** 1

**Subject**

Physical Education

**Course Outcomes**

Upon completion of the course students should be able to:

- Improve overall physical conditioning while participating in group fitness activities.
- Safely perform exercises in a group fitness environment.
- Develop a lifelong fitness, health, and wellness program that incorporates group fitness.