

**PELF 145**  
**Dance Aerobics I**  
2 Credits

Community College of Baltimore County  
Common Course Outline

**Description**

**PELF 145 – Dance Aerobics:** Provides vigorous activity that produces specific beneficial changes in the body's fitness level; combines exercise (exertion) and dance steps (rhythmic movements) with emphasis on exercises, jogging, and dancing movements with varying tempos and rhythms. Prerequisite: This course may be used to fulfill two elective credits.

**Overall Course Objectives**

Upon completion of this course, students will be able to:

1. calculate their specific target heart rate for a training effect to occur;
2. list and explain physical and psychological benefits of aerobic exercise;
3. demonstrate and perform flexibility exercises;
4. define the FITT principle of training;
1. calculate their pre and post body fat, cardiorespiratory endurance, and flexibility measurements;
2. design their own personal exercise program based on their specific goals;
3. examine and participate in other types of training programs;
4. demonstrate and perform various cardiorespiratory exercises;
5. examine the relationship between exercise, nutrition, and weight control; and
6. analyze new trends in the area of fitness and nutrition.

**Major Topics**

- I. Cardiorespiratory Endurance
- II. Flexibility
- III. Body Composition
- IV. Nutrition
- V. Weight Control
- VI. Trends in Fitness and Nutrition

**Course Requirements**

Grading will be determined by the individual faculty member, but shall include the following, at minimum:

- A Minimum of One Written Exams
- Exercise Fitness Walking Test
- A Minimum of One Class Assignments
- In Class Exercise and Lecture Sessions

The Common Course Outline (CCO) determines the essential nature of each course.  
For more information, see your professor's syllabus.

Written assignments and research projects: Students are required to use appropriate academic resources in their research and cite sources according to the style selected by their professor.

### **Other Course Information**

The Community College of Baltimore County is committed to providing a high-quality learning experience that results in a growth in knowledge, attitudes, and skills necessary to function successfully as a transfer student in a career and as a citizen. To accomplish this goal, we maintain high academic standards and expect students to accept responsibility for their individual growth by attending class, completing all homework and other assignments, participating in class activities and preparing for tests.

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