

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

Community College of Baltimore County  
Common Course Outline

**Description**

**PELF 145 – Dance Aerobics I:** provides vigorous activity that produces specific beneficial changes in the body's fitness level. Students combine exercise and dance steps with emphasis on exercises, jogging, and dancing movements with varying tempos and rhythms. Students will use Dance Aerobics as the basis when creating a personal comprehensive fitness plan.

**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 frequency, intensity, time, and type (FITT) principle of training;
5. calculate their pre- and post-body fat, cardiorespiratory endurance, and flexibility measurements;
6. design their own personal exercise program based on their specific goals;
7. examine and participate in other types of training programs;
8. demonstrate and perform various cardiorespiratory exercises;
9. examine the relationship between exercise, nutrition, and weight control; and
10. 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:

- One written exam
- Two cardiorespiratory endurance fitness walking tests
- One written assignment
- Attendance and class participation

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**

This is a physical activity course and proper attire for aerobics is required.

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