Bossier Parish Community College  
Master Syllabus  

(This course is presently inactive.)

Course Prefix and Number: HLPE 107  
Credit hours: 1

Course Title: Aerobics

Course Prerequisites: None

Textbook(s): None

Course Description: The course consists of exercises and aerobic routines designed to develop a higher level of physical fitness and to improve cardiovascular endurance and muscle tone.

Learning Outcomes:

At the end of the course, the student will:

A. develop an overview of Aerobics;
B. measure student fitness improvement through pre and post skill test scores;
C. describe the importance of aerobic exercise in prevention of disease;
D. recognize the importance of nutrition and the role of aerobic exercise in lifelong weight control.

To achieve the learning outcomes, the student will:

1. explain the proper body alignment and stepping techniques for aerobics; (A)
2. give example segments of an aerobics class; (A)
3. recognize the benefits of aerobic exercise; (A, C, D)
4. demonstrate various methods of assessing fitness; (A, B)
5. determine permanent goals for fitness maintenance; (A)
6. recognize faulty habits which cause a poor level of fitness; (A)
7. explain the principles of fitness and the effects of aerobic exercise in prevention of disease; (A, C)
8. discuss the factors related to desirable weight control, particularly diet and the role of aerobic exercise in lifelong weight control; (D)
9. complete written assignments (3 day diet recall, fitness goal, nutrition goal, and library assignment). (A, C, D).

Course Requirements: The following are intended to help the learner meet the stated learning outcomes of the course: students will attend class; students will be evaluated on results of semester exams; students will be required to participate in class discussions and activities.
In addition to requirements stated herein, each instructor will communicate additional requirements unique to his/her section via the instructor’s section syllabus.

Course Grading Scale:

A  90-100%
B  80-89%
C  70-79%
D  60-69%
F  59% or below

Attendance Policy:  The college attendance policy is available at http://www.bpcc.edu/catalog/current/academicpolicies.html

Course Fees: $20.00

Nondiscrimination Statement

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