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| **\*Intermediate Aerobics**  |
| **Course #**  | 15034100  |
| **Grade Level**  | 9-12  |
| **Length**  | 1 semester  |
| **Prerequisite**  | Beg. Aerobics  |
| **Credit**  | 1/2  |
| The purpose of this course is to provide students with opportunities to extend the acquisition of knowledge and the development of skills in aerobic activities that may be used in physical fitness pursuits today as well as in later life, and continue to develop an individual optimal level of cardiovascular fitness.  |