



**Beginning Aerobics \* \$45 \* Phase 1 \* SUS/GSV\* 1501330 [Semester]**

The purpose of this course is to develop an individual level of health-related fitness, acquire knowledge of fitness concepts, and recognize the significance of health-related fitness on one's health. This course meets the other .5 credit of the 1 credit graduation requirement for Physical Education. A fee will be assessed for gym uniforms.

**Prerequisite:** Junior or senior standing



**Go Sabres!**

