

PED 111
PHYSICAL FITNESS I

COURSE DESCRIPTION:

Prerequisites: None

Corequisites: None

This course provides an individualized approach to physical fitness utilizing the five major components. Emphasis is on the scientific basis for setting up and engaging in personalized physical fitness programs. Upon completion, students should be able to set up and implement an individualized physical fitness program. *This course is approved to satisfy the Comprehensive Articulation Agreement for transferability as a pre-major and/or elective course requirement.*
Course Hours Per Week: Lab, 3. Semester Hours Credit, 1.

LEARNING OUTCOMES:

The student will be able to:

- a. Create their own fitness program.
- b. Increase cardiorespiratory endurance muscular strength and endurance, and flexibility through safe and effective exercise.
- c. Learn how the quality of life can be improved through a regular physical conditioning program.

OUTLINE OF INSTRUCTION:

- I. Introductory lesson outline
 - A. Course objectives
 - B. Class procedures
 - C. Methods of evaluation
 - D. Fitness evaluations
- II. Fundamentals and instruction
 - A. Components of fitness program
 - B. Designing fitness program
 - C. Proper exercise techniques
 - 1) Flexibility
 - 2) Cardiorespiratory endurance
 - a. Walking and jogging
 - b. Stationary cycling
 - c. Aerobic exercise to music

- 3) Muscular strength and endurance
 - a. Calisthenics
 - b. Free weights
 - c. Weight machines

III. Testing and evaluation

- A. Fitness evaluations
- B. Written test

REQUIRED TEXTBOOK AND MATERIALS:

None

STATEMENT FOR STUDENTS WITH DISABILITIES:

Students who require academic accommodations due to any physical, psychological, or learning disability are encouraged to request assistance from a disability services counselor within the first two weeks of class. Likewise, students who potentially require emergency medical attention due to any chronic health condition are encouraged to disclose this information to a disability services counselor within the first two weeks of class. Counselors can be contacted by calling 686-3652 or by visiting the Student Development Office in the Phail Wynn Jr. Student Services Center, room 1309.