PED 110
FIT AND WELL FOR LIFE

COURSE DESCRIPTION:

Prerequisites: None
Corerequisites: None

This course is designed to investigate and apply basic concepts and principles of lifetime physical fitness and other health related factors. Emphasis is placed on wellness through the study of nutrition, weight control, stress management, and consumer facts on exercise and fitness. Upon completion, students should be able to plan a personal, lifelong fitness program based on individual needs, abilities, and interests. This course has been approved to satisfy the Comprehensive Articulation Agreement for transferability as a premajor and/or elective course requirement. Course Hours Per Week: Class 1, Lab 2, Semester Hours Credit, 2.

LEARNING OUTCOMES:

Upon completion of this course the student will be able to:

A. Demonstrate an understanding of the basic concepts and principles of lifetime fitness and wellness.
B. Demonstrate an understanding of the elements of good nutrition.
C. Demonstrate an understanding of how weight control and stress management contribute to lifetime wellness and fitness.
D. Demonstrate an understanding of how to plan and implement a lifetime fitness and wellness program.

OUTLINE OF INSTRUCTION:

I. Introduction lesson outline
   a) Course objectives
   b) Class participation
   c) Methods of evaluation
   d) Fitness evaluation
II. Fundamentals and instruction
   a) Fitness as an Important Dimension of Health
   b) Developing a Personal Fitness Program
   c) Cardiovascular Fitness Training
   d) Muscle Strength and Endurance
   e) Flexibility
   f) Exercise Related Injuries and Prevention
   g) Elements of Good Nutrition

III. Testing and evaluation
   a) Fitness evaluation to establish current fitness level
   b) Fitness evaluation to determine fitness improvement
   c) Written test

REQUIRED TEXTBOOK AND MATERIALS:

To be determined by Instructor.

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 919-536-7207, ext. 1413 or by visiting the Student Development Office in the Phail Wynn Jr. Student Services Center, room 1209.