

PED 110 Fit and Well For Life

COURSE DESCRIPTION:

Prerequisites: None

Corequisites: 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:

1. Demonstrate an understanding of the basic concepts and principles of lifetime fitness and wellness.
2. Demonstrate an understanding of the elements of good nutrition.
3. Demonstrate an understanding of how weight control and stress management contribute to lifetime wellness and fitness.
4. Demonstrate an understanding of how to plan and implement a lifetime fitness and wellness program.

OUTLINE OF INSTRUCTION:

- I. Introduction to Physical Fitness and Wellness
- II. Behavior Modification
- III. Assessment of Physical Fitness
- IV. Exercise Prescription
- V. Personal Fitness Programming
- VI. Nutrition for Wellness
- VII. Weight Management
- VIII. Stress Management
- IX. A Healthy Lifestyle Approach
- X. Fitness and Wellness FAQ

REQUIRED TEXTBOOK AND MATERIALS:

To be determined by the instructor.