

PHYSICAL EDUCATION/RECREATION (PED)

PED 116. Lifetime Fitness and Wellness. (2 Credits)

Provides a study of fitness and wellness and their relationship to a healthy lifestyle. Defines fitness and wellness, evaluates the student's level of fitness and wellness, and motivates the student to incorporate physical fitness and wellness into daily living. A personal fitness/wellness plan is required for the 2-credit course. Lecture 1 hour per week. Laboratory 2 hour per week. Total 3 hours per week.