

PED-110 : Fit and Well for Life

Credits 2

Lab 2

Lecture 1

Clinical/WkExp 0

Session Cycle

ALL

Description

This course is designed to investigate and apply the 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.