

PED 111 : Physical Fitness I

This course provides an individualized approach to physical fitness utilizing the five major components. Emphasis is placed 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.

Credits 1

Class Hours 0

Lab Hours 3

Clinical Experience Hours 0

Notes

This course has been approved for transfer under the CAA as a pre-major and/or elective course requirement.
This course has been approved for transfer under the ICAA as a pre-major and/or elective course requirement.