

PED 112 : Physical Fitness II

This course is an intermediate-level fitness class. Topics include specific exercises contributing to fitness and the role exercise plays in developing body systems. Upon completion, students should be able to implement and evaluate an individualized physical fitness program.

Credits 1

Class Hours 0

Lab Hours 3

Clinical Experience Hours 0

State Prerequisite Courses

[PED 111](#)

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.