

PED 119 : Circuit Training

This course covers the skills necessary to participate in a developmental fitness program. Emphasis is placed on the circuit training method which involves a series of conditioning timed stations arranged for maximum benefit and variety. Upon completion, students should be able to understand and appreciate the role of circuit training as a means to develop fitness.

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.