

PE 182Q : Self-Paced Fitness

Introduces a self-paced physical exercise program encompassing cardiovascular conditioning, strength training and flexibility exercises. Incorporates individual and independent physical exercise and requires tracking exercises in a log/journal.

This is a hybrid course that may meet at the beginning and end of the term for pre/post evaluation.

Credits 1

Subject

Physical Education

Course Outcomes

Upon completion of this class, students should be able to:

- Incorporate flexibility, cardiovascular conditioning and strength training in future exercise programs.
- Apply skills/techniques for lifelong fitness.
- Track fitness activity.
- Apply principles, terminology, and techniques for overall conditioning.