

## **Physical Education Development (PED)**

### **PED 126 Beginning Weight Training**

.5-2 Hours

Prerequisites: None

Hours weekly (variable)

This course is designed as a continuation of the aerobic and weight training courses; however, with proper orientation it may be started as the first aerobics and weight training class.

### **PED 127 Intermediate Weight Training**

.5-2 Hours

Prerequisites: None

Hours weekly (variable)

This course is designed as a continuation of the aerobic and weight training courses; however with proper orientation it may be started as the first aerobics and weight training class.

### **PED 128 Advanced Weight Training**

.5-2 Hours

Prerequisites: None

Hours weekly (variable)

This course is designed as a continuation of the aerobic and weight training courses; however, with proper orientation it may be started as the first aerobics and weight training class. The program consists of an Aerobic Super Circuit, which takes 13 minutes to complete. The main thrust of the circuit is to promote cardiovascular fitness. A second phase of the program is in the individual body parts section, which allows the student to make gains in the muscular tone and strength development areas.

## **PED 129 Strength Training & Conditioning**

.5-2 Hours

Prerequisites: None

Hours weekly (variable)

This course is designed to provide the student athlete with additional fitness gains such as muscular strength, endurance, flexibility, body composition, agility, and cardio respiratory endurance. The student will have an opportunity to create a daily log to assess gains in fitness components.

## **PED 180 Aquatic Toning and Aerobic**

### **Activity I**

.5-2 Hours

Prerequisites: None

Hours weekly (variable)

This course is designed to provide the student with increased fitness and flexibility through aquatic exercise. The student will participate in an aquatic fitness and toning exercise program.

## **PED 203 Walking for Fitness I**

2 Hours

Prerequisites: None

4 hours weekly (0-4)

This course will provide students with the opportunity to learn the fundamentals and proper techniques of walking for health and fitness. Emphasis is placed on stretching exercises for warm-up and utilization of weight training machines for strength and endurance gains.

