

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

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

.5-2 Hours

Prerequisites: None

Hours weekly (variable)

This course introduces the student to the basics of fitness and weight training by combining physical workouts with instructional materials, videos, and quizzes. The student will learn components of physical fitness, health trends, weightlifting, techniques, and the process of developing an individualized workout program.

### **PED 149 Intro to Personal Training**

3 Hours

Prerequisites: None

3 hours weekly (3-0)

This course introduces students to the basics of the personal training profession. Students will learn proper communication techniques, the fundamentals of resistance training, the fundamentals of cardiorespiratory training, and the basics of other special exercise programming topics.

### **PED 151 Fitness Assessment & Program Design**

3 Hours

Prerequisites: None

3 hours weekly (3-0)

This course will educate students on the basics of delivering fitness assessments as a personal trainer. Students will learn how to develop and implement comprehensive fitness programs for both individuals and groups from a broad range of varying physical abilities.

### **PED 152 Group Fitness Instruction**

3 Hours

Prerequisites: None

3 hours weekly (3-0)

This course is designed to provide the practical information and skills necessary to lead group exercise sessions. Course content includes group fitness design, elements of leading a group fitness class, and safety considerations. Students must be able to actively participate in daily class workouts.

### **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.