

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 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.