

# PHYSICAL EDUCATION (PED)

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**PED101BS / Body Sculpting****1 Credit / 2.0 Periods for Lecture & Lab**

Stretch and strengthen. Emphasizes increasing fitness, muscle tone, and body flexibility. Great for reducing stress. Prerequisites: None. Course

Notes: PED101BS may be repeated for credit.

**Division:** Health Science and Public Service

**PED101FL / Fitness For Life****1 Credit / 2.0 Periods for Lecture & Lab**

Learn the basics of designing and implementing a personalized fitness program to meet your needs in the areas of Cardiovascular Fitness,

Weight Control, Muscular Strength and Flexibility. Prerequisites: None.

Course Notes: PED101FL may be repeated for credit.

**Division:** Health Science and Public Service

**PED101GF / Group Fitness/Aerobics****1 Credit / 2.0 Periods for Lecture & Lab**

Group exercise incorporating a variety of equipment to increase respiration, heart rates, strength, and flexibility. Prerequisites: None.

Course Notes: PED101GF may be repeated for credit.

**Division:** Health Science and Public Service

**PED101SR / Stretch and Relaxation****1 Credit / 2.0 Periods for Lecture & Lab**

A mat-based stretching class with guided meditation. Stretching increases flexibility and relieves stress, promoting an overall sense of well being. Prerequisites: None. Course Notes: PED101SR may be repeated for credit.

**Division:** Health Science and Public Service

**PED101ST / Strength Training****1 Credit / 2.0 Periods for Lecture & Lab**

Introduction to techniques of basic weight training, concentrating on incorporating an exercise regimen for increased strength. Prerequisites:

None. Course Notes: PED101ST may be repeated for credit.

**Division:** Health Science and Public Service

**PED101YO / Yoga****1 Credit / 2.0 Periods for Lecture & Lab**

Promotion of overall health by strengthening muscles and stimulating glands and organs. Basic postures, breathing and relaxation techniques.

Prerequisites: None. Course Notes: PED101YO may be repeated for credit.

**Division:** Health Science and Public Service

**PED115 / Lifetime Fitness****2 Credits / 4.0 Periods for Lecture & Lab**

Increase personal fitness, strength, and vitality. Current principles of cardiovascular exercise, weight training, flexibility, and balance exercises applicable to lifetime fitness goals. Personalized fitness plans developed and implemented with support of highly trained fitness professionals. Techniques to make sessions more effective and enjoyable. Prerequisites: None. Course Notes: PED115 may be repeated for a total of eight (8) credit hours.

**Division:** Health Science and Public Service