

PED 100: Fundamentals of Fitness

This course includes the basic principles and practices of physical fitness. It explores psychological and physiological effects of exercise and physical fitness, including effects on the human skeleton, muscle development, respiration, and coordination. The course may also include fitness evaluation, development of individual fitness programs, and participation in fitness activities.

Credits: 3

Transfer Code: Transfer Code

Code B

Lab Hours: 0

Lecture Hours: 3

Prerequisites:

None

Co-Requisites:

None