

# PED 105: Personal Fitness

This course is designed to provide the student with information allowing him/her to participate in a personally developed fitness program. Topics include cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition.

**Credits:** 1

**Transfer Code:** Transfer Code

Code C

**Lab Hours:** 2

**Lecture Hours:** 0

**Prerequisites:**

None

**Co-Requisites:**

None