## 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