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# PED 101 : Slimnastics (beginning)

This course provides an individualized approach to physical fitness, wellness, and other health-related factors. Emphasis is placed on the scientific basis for setting up and engaging in personalized physical fitness programs. Upon completion, students should be able to set up and implement an individualized physical fitness program.

**Credits** 1

**Lecture Hours** 0

**Lab Hours** 2

**Transfer Code**

Code C

Core Course