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# 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

**Lecture Hours** 0

**Lab Hours** 2

**Transfer Code**

Code C

Core Course

**Prerequisites**

None

**Corequisites**

None