

# PED 118: General Conditioning (Beginning)

This course provides an individualized approach to general conditioning utilizing the five major components. Emphasis is placed on the scientific basis for setting up an engaging in personalized physical fitness and conditioning programs. Upon completion, students should be able to set up and implement an individualized physical fitness and conditioning program.

**Credits:** 1

**Transfer Code:** Transfer Code

Code C

**Lab Hours:** 2

**Lecture Hours:** 0

**Prerequisites:**

None

**Co-Requisites:**

None