

Course Title: Fitness for Life

Prefix and Course Number: PE 100

Course Learning Outcomes

1. Describe and demonstrate pre and post testing techniques.
2. Describe specific wellness and fitness terms.
3. Demonstrate knowledge of goal setting.
4. Describe basic techniques for aerobic activities.

Course Outline:

- I. Introduction
 - A. Proper Methods
 - B. Techniques
 - C. Establishing an Individualized personal wellness and fitness program.
- II. Personalized Inventory
 - A. Appraisal of current fitness level
 - B. Fitness options available
 - C. Cardiovascular endurance
 - D. Weight Control
 - E. Strength
 - F. Flexibility