

Course Title: Beginning Body Conditioning
Prefix and Course Number: PE 177

Course Learning Outcomes

By the end of this course, a student should:

1. Perform pre and post fitness measurements to monitor personal progress.
2. Calculate personal training heart rate zones.
3. Perform circuit training routine of 25 stations
4. Complete “complex” training routine.

Course Outline:

- I. Body Conditioning
 - A. Weight Training
 - B. Walking
 - C. Jogging
 - D. Calisthenics
 - E. Organized physical activities
 - F. Improved cardiovascular functions