

Virginia Western Community College

PED 107

Exercise and Nutrition

Prerequisites

None

Course Description

Provides for the study and application of fitness and wellness and their relationship to a healthy lifestyle. Defines fitness and wellness, evaluates the student's level of fitness and wellness. Students will incorporate physical fitness and wellness into the course and daily living. A personal fitness/wellness plan is required for the 2 credit course. Part I of II (VCCS MCR Description)

An introductory course presenting the fundamentals of nutrition and exercise as they relate to understanding the role of each in developing a personal fitness and nutrition plan. (Additional Description added by the faculty)

Semester Credits: 2

Lecture Hours: 1

Lab/Clinical/Internship Hours: 2

Required Materials

Textbook:

Instructor provided material

Other Required Materials:

Course Outcomes

At the completion of this course, the student should be able to:

- Know how to read and evaluate a food nutritional label
- Understand the relationship between exercise and good nutrition as it relates to a healthy body
- Students will complete a nutrition or exercise plan
- Demonstrate a working knowledge of a good nutritional and exercise plan
- Recognize good practices
- Understand the body's response to good nutrition and exercise
- Perform exercise using correct form
- Calculate target heart rate and body mass index

Topical Description

1	Why should you work out?
2	Overcoming Exercise Excuses
3	Body Mass Index
4	The Heart's Function
5	Cardio Exercise
6	Benefits of Circuit Training
7	How to Design a Personal Fitness Exercise Program
8	Journaling
9	Nutrition Concepts
10	Reading Food Labels

Note to Instructors