

# Virginia Western Community College

## PED 102

### Fundamentals of Physical Activity II

#### **Prerequisites**

None

#### **Course Description**

Presents principles underlying the components of physical fitness. Utilizes conditioning activities involving cardiovascular strength and endurance, respiratory efficiency, muscular strength, and flexibility. May include fitness assessment, nutrition and weight control information, and concepts of wellness. Part II of II. (VCCS MCR Description)

A course designed to provide personal training to enrolled students. Students will develop the skills to adjust their workouts and will work directly with instructor. (Additional Description added by the faculty)

**Semester Credits: 1**

**Lecture Hours: 0**

**Lab/Clinical/Internship Hours: 2**

#### **Required Materials**

##### **Textbook:**

None

##### **Other Required Materials:**

#### **Course Outcomes**

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

- Develop an individual workout plan
- Recognize the health benefits of regular exercise
- Set and adjust individual goals
- Regularly participate in a planned workout

**Topical Description**

1	Benefits of Healthy Exercise and Nutrition
2	Fundamentals of Cardiovascular and Weight Training
3	Components of planning individual workouts
4	Target heart rate training
5	Journaling
6	Accountability and Motivation
7	Fitness Plan

**Note to Instructors**