

# PED 100: Fundamentals of Fitness

This lecture course includes the basic principles of physical education and physical fitness. It explores psychological and physiological effects of exercise and physical fitness, including effects on the human skeleton, muscle development, respiration, and coordination. It is viewed as an introduction to such laboratory courses as slimnastics, weight training, and conditioning. The course may also include fitness evaluation, development of individual fitness programs, and participation in fitness activities.

**Credits:** 3

**Transfer Code:** Code B

**Lab Hours:** 0

**Lecture Hours:** 3

**Program:** Physical Education

**Semester Offered:**

Spring

Summer

Fall