

# PED 102: Slimnastics (Intermediate)

This course is an intermediate-level slimnastics class. Topics include specific exercises contributing to fitness and the role exercise plays in developing body systems, nutrition, and weight control. Upon completion, students should be able to implement and evaluate an individualized physical fitness program. As needed.

**Credits:** 1

**Transfer Code:** Code C

**Lab Hours:** 2

**Lecture Hours:** 0

**Program:** Physical Education