

PED 119: General Conditioning (Intermediate)

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

Credits: 1

Transfer Code: Code C

Lab Hours: 2

Lecture Hours: 0

Prerequisites:

PED 118 or instructor permission

Program: [Physical Education](#)