



# Alabama Community College System

## PED 100 Fundamentals of Fitness

### I. PED 100 Fundamentals of Fitness—3 Semester Hours

#### II. Course Description

This course includes the basic principles and practices of physical fitness. It explores psychological and physiological effects of exercise and physical fitness, including effects on the human skeleton, muscle development, respiration, and coordination. The course may also include fitness evaluation, development of individual fitness programs, and participation in fitness activities.

#### Prerequisite

As required by program

#### III. Textbook

**NOTE: Please replace this statement with textbook information.**

Due to the varied selection of quality college-level textbooks, each college will select the textbook needed to meet the requirements of this course.

#### IV. Course Learning Outcomes

By the end of the course, students will be able to:

1. identify the principles and components of physical fitness.
2. examine the effects of exercise and physical fitness.
3. demonstrate exercises that develop strength and cardiorespiratory fitness.
4. demonstrate skills to safely engage in physical activity.

#### V. Course Outline of Topics

1. Components of Health-Related Fitness
2. Principles of Lifetime Fitness
3. Preparation and Assessment of Personal Fitness
4. Nutrition and Body Composition

#### VI. Evaluation and Assessment

Grades will be given based upon A = 90 – 100%, B = 80 – 89%, C = 70 – 79%, D = 60 – 69%, and F = below 60%.

#### VII. Attendance

Students are expected to attend all classes for which they are registered. Students who are unable to attend class regularly, regardless of the reason or circumstance, should withdraw from that class before poor attendance interferes with the student's ability

to achieve the objectives required in the course. Withdrawal from class can affect eligibility for federal financial aid.

**VIII. Statement on Discrimination/Harassment**

It is the official policy of the Alabama Community College System and entities under its control, including all Colleges, that no person shall be discriminated against on the basis of any impermissible criterion or characteristic, including, without limitation, race, color, national origin, religion, marital status, disability, sex, age, or any other protected class as defined by federal and state law. (ACCS Policies 601.02 and 800.00)

**IX. Americans with Disabilities**

*The Rehabilitation Act of 1973 (Section 504)* and the *Americans with Disabilities Act of 1990* state that qualified students with disabilities who meet the essential functions and academic requirements are entitled to reasonable accommodations. It is the student's responsibility to provide appropriate disability documentation to the College.