



# Alabama Community College System

## PED 105 Personal Fitness

### I. PED 105 Personal Fitness—1 Semester Hour

#### II. Course Description

This course is designed to provide the student with information allowing him/her to participate in a personally developed fitness program. Topics include cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition. The course may be repeated for credit.

#### 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. define personal fitness.
2. identify the major contributing factors that influence muscular strength, cardiorespiratory endurance, muscular endurance, flexibility, and body composition.
3. demonstrate and assess a personal fitness program.

#### V. Course Outline of Topics

1. Physical Activity
2. Components of Health-Related Fitness
3. Assessment of Fitness

#### 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.