

Physical Education Development (PED)

PED 126 Beginning Weight Training

.5-2 Hours

Prerequisites: None

Hours weekly (variable)

This course introduces the student to the basics of fitness and weight training by combining physical workouts with instructional materials, videos, and quizzes. The student will learn components of physical fitness, health trends, weightlifting, techniques, and the process of developing an individualized workout program.

PED 149 Intro to Personal Training

3 Hours

Prerequisites: None

3 hours weekly (3

implement comprehensive fitness programs for both individuals and groups from a broad ~~can~~ of varying physical abilities.