



COURSE SYLLABUS

DIVISION: Workforce Services

Revised: January 2015

CURRICULA IN WHICH COURSE IS TAUGHT: Non-Curricula

COURSE NUMBER AND TITLE: PED 107 Exercise and Nutrition

CREDITS: 1

HOURS/WEEK LECTURE: 1

HOURS/WEEK LAB: 0

LECTURE/LAB COMBINATION: 1(0)

I. CATALOG DESCRIPTION:

Provides for the study and application of fitness and wellness and their relationship to a healthy lifestyle. Defines fitness and wellness, evaluates the student's level of fitness and wellness. Students will incorporate physical fitness and wellness into the course and daily living.

II. RELATIONSHIP OF THE COURSE TO CURRICULA OBJECTIVES IN WHICH IT IS TAUGHT: Non-Curricula Course

III. REQUIRED BACKGROUND: None

IV. COURSE CONTENT

- Definitions of fitness and wellness
- Healthy lifestyle
- Nutrition and weight control
- Nutrition: Eating healthy
- Fitness and healthy lifestyle changes
- Evaluating levels of fitness and wellness
- Flexibility & stretching
- Muscular strength & endurance
- Staying injury free
- Coping with stress
- Designing a complete fitness and well program to incorporate in daily living

V. LEARNER OUTCOMES:

VI. EVALUATION:

Students will develop a complete fitness program including exercise and healthy eating program.

Readings, discussion, and designing a complete fitness program

The course supports the following education objectives:

- A. DCC Educational Objectives
 - 1. Communication
 - 2. Interpersonal Skills and Human Relations
 - 3. Understanding Culture and Society