

**Northwest Arkansas Community College**  
(Social & Behavioral Sciences Division)

**Discipline Code**

PEAC

**Course Number**

1402

**Course Title**

Lifetime Fitness II

**Catalog Description**

Physical activity class based on individual fitness needs focused on improving endurance, promoting greater flexibility, increasing muscular strength, and improving cardio respiratory fitness. Course is self-paced under guidance of instructor and requires an average of two 50 minute workout sessions each week of class. A mandatory orientation session must be completed before engaging in course activities. Workout sessions are held at approved local fitness/ gym locations or the NWACC Fitness Center. A fitness center fee is associated with this course.

**Prerequisites**

N/A

**Credit Hours**

2 credit hours

**Contact hours**

30 contact hours

**Load hours**

2 load hours

**Semesters Offered**

On Demand

**ACTS Equivalent**

N/A

**Grade Mode**

A-F

**Learning Outcomes**

Students completing this course will:

- Explain importance of physical fitness and regular exercise
- Demonstrate safe and appropriate use of exercise equipment

- Develop and execute realistic personal fitness goals
- Increase flexibility
- Improve muscular strength and overall endurance

## **General Education Outcomes Supported**

- N/A

## **Standard Practices**

### **Topics list**

- N/A

### **Learning activities**

- N/A

### **Assessments**

- N/A

## **Grading guidelines**

- N/A