

NorthWest Arkansas Community College
Division of Social and Behavioral Sciences, Education and
Wellness, Legal and Protective Services

PEAC 1621 (Fitness Concepts)

Catalog Description:

The Fitness Concepts class is a lecture/lab class format. Students will discuss and learn about the independent areas of fitness, cardiovascular and muscular, and how they impact the dependent areas of fitness, flexibility and body composition. The methods of goal setting, designing, and implementing workout programs will also be covered. Upon completion of this course students will have a working understanding of different exercise programs for realistic improvement in fitness, health, wellness, and/or performance. Text book for Fitness Concepts: Fitness & Health – 7th Edition Sharkey and Gaskill

Credit Hours/Contact Hours/Load Hours:

1/1/1

At the end of this course, the student should be able to:

- Increase awareness of present physical fitness levels.
- Gain knowledge of physical fitness components and how they relate to overall fitness.
- Understand how to design a realistic plan for the improvement of current fitness levels.
- Develop an appreciation of the role of exercise as a part of the daily routine.
- Recognize the types of exercise needed for improving physical fitness levels.
- Introduce a variety of activities that can be used to develop physical fitness.

EVALUATION

- Presentation and Chapter Quizzes
 - 25pts each
- Fitness Testing and Evaluation
 - 25pts each
- Comprehensive Workout Design – 100pts
- Concept Exploration
 - 20pts each
- Attendance and class participation – 50pts
- Each absence after 1 = -5pts
 - 4 absences = F/FA