

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

**PEAC 1401 (Lifetime Fitness)**

**Catalog Description:**

The Lifetime Fitness class will explore physical activity based on individual needs. The course will be self-paced with guidance of the instructor. Introduction to Physical Education will provide you with the opportunity to promote a healthy lifestyle through the increase of flexibility, muscular strength and endurance, cardio respiratory fitness, and body composition. Students will need to complete 16, 50 minute workouts for the eight week class. A mandatory one hour orientation is required to participate in this class. The notice of the orientation dates will be emailed to the student by My NWACC Connection. The students can register for different five gym locations: Planet Fitness in Bentonville, Rogers, Springdale, Fayetteville or the NWACC Fitness Center. Students that enroll for the class at the NWACC Fitness Center will receive a “free” two month gym membership and individuals who work-out at Planet Fitness pay a \$10 a month fee. (Text books are not needed.)

**Credit Hours/Contact Hours/Load Hours:**

1/1/1

**Course Objectives:**

- 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/FP