

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

PEAC 1402 (Lifetime Fitness II)

Catalog Description:

This 2 credit PEAC class will explore physical activity based on individual fitness needs. The course will be self-paced with guidance of the instructor. This course will provide you with the opportunity to promote better flexibility, additional muscular strength and endurance, improved cardio respiratory fitness, and body composition. Students will need to complete 32 – 50 minute workouts during the 16 week class. A mandatory one hour orientation is required to participate in this class. The students can register for the class at five different 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” semester gym membership and individuals who work-out at Planet Fitness pay at \$10 a month fee. (Text books are not needed.)

Credit Hours/Contact Hours/Load Hours:

2/2/2

Course Objectives:

- Continue to understand the importance of fitness as a valuable lifetime activity.
- Increase Fitness, get stronger, go longer, lower body fat, and feel better about yourself. Get in shape.
- Design beginning strength, aerobic, and flexibility programs that will benefit your lifestyle.
- Learn proper usage of fitness equipment and safety methods.

Evaluation:

- Workout attendance and participation: 70%
- Students must work out 2-3 days a week.
- Only 1 workout per day can count towards a grade.
- Any workout after 3 in one week counts as a half
Example: 6 workout in one week is credited as 4.5 workouts.
- Each workout will:
 - Be a least 50 minutes in length
 - Consist of at least 12 strength exercises
 - Include one cardio activity