

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

PEAC 1702 (Fitness for Life)

Catalog Description:

This course focuses on the fundamental components and principles of fitness. The course examines safety guidelines, proper technique, and exercise principles such as the FITT. Students will assess their current level of fitness in relation to the five components of physical fitness: flexibility, cardiovascular health, muscular strength, muscular endurance, and body composition. Students will also learn strategies to help them begin, design, and maintain an exercise program to keep them fit for life.

Credit Hours/Contact Hours/Load Hours:

1/1/1

Course Objectives:

- Demonstrate an understanding of the concepts of wellness and self-responsibility.
- Apply behavior management strategies to enhance personal wellness.
- Demonstrate knowledge and skills related to the development of physical fitness.
- Design, monitor, and adapt a personal fitness program.
- Demonstrate development of an appropriate fitness level.
- Demonstrate cardio-respiratory fitness level.
- Maintain or improve flexibility.
- Maintain or improve muscular strength and endurance
- Demonstrate knowledge of cardiovascular risk factors and attributes of a healthy lifestyle.
- Identify appropriate ways to maintain body fat percentage at a healthy level. Evaluate critically claims and advertisements made about commercial products and programs.
- Recognize that idealized images of the human body and performance, as presented by the media, may not be appropriate to imitate.
- Demonstrate knowledge of and practice stress reduction technique.

Fitness Log:

Students will be required to exercise at the NWACC Fitness Center for a minimum of 3 days a week, for 8 consecutive weeks, for at least 3 hours per week. This can be done in any combination of time in order to reach at least 3 hours. A log will be available to sign-in and sign-out. Weekly work-out/log is worth 20 pts each - up to 160 pts.

Attendance/Participation Points:

Daily participation points will be awarded for the lecture component of the class. Being tardy will result in a loss of 5 points per class. Two absences will be provided at no penalty. It's your responsibility to check with the instructor to ensure that you receive partial credit if you arrive late. Classroom participation is worth 10 pts per class - up to a total of 80 pts.