

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

PEAC 1401 (Lifetime Fitness I)

Catalog Description:

This course 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 16 – 50 minute workout during this 8 week class. A mandatory 2 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 the class at different gym locations or the NWACC Fitness Center. Students will be assessed a membership user fee at the time of registration and no textbook is needed.

Prerequisites:

None

Credit hours/Contact hours/Load hours:

1/1/1

Course Objectives:

Upon the completion of this course, the student should be able to:

- Increase understanding of the importance of fitness as a valuable lifetime activity.
- Improve general fitness, build personal fitness goals, and feel better about yourself.
- Become familiar to the best days and times to reliably complete your workouts.
- Learn proper usage of fitness equipment and safety methods.