

Northwest Arkansas Community College
(Social & Behavioral Sciences Division)

Discipline Code

PEAC

Course Number

1621

Course Title

Fitness Concepts

Catalog Description

Introduction to the basic concepts of physical fitness including how cardiovascular and muscular fitness impact flexibility and body composition. Exploration of various activities that may contribute to improved physical fitness. Designing and implementing workout schedules is covered along with different methods of goal setting.

Prerequisites

N/A

Credit Hours

1 credit hour

Contact hours

15 contact hours

Load hours

1 load hour

Semesters Offered

On Demand

ACTS Equivalent

N/A

Grade Mode

A-F

Learning Outcomes

Students completing this course will:

- Assess personal physical fitness
- Relate physical fitness to overall fitness
- Design realistic physical fitness plan with the goal of improving current fitness
- Explain the importance of daily physical exercise

- Describe the types of exercise needed to improve physical fitness levels
- Introduce a variety of activities to improve physical fitness

General Education Outcomes Supported

- N/A

Standard Practices

Topics list

- N/A

Learning activities

- N/A

Assessments

- N/A

Grading guidelines

- N/A

Last Revision Date: Spring 2022