

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

PEAC 1621 (Fitness Concepts)

Catalog Description:

Acquaints students with basic knowledge, understanding and value of physical activities as related to optimal fitness.

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 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.