



**COURSE SYLLABUS**

**DIVISION:** Workforce Services

**Updated: January 2015**

**CURRICULA IN WHICH COURSE IS TAUGHT:** Non-Curricula

**COURSE NUMBER AND TITLE:** PED 108 Exercise and Nutrition II

**CREDITS:** 1

**HOURS/WEEK LECTURE:** 1

**HOURS/WEEK LAB:** 0

**LECTURE/LAB COMBINATION:** 1 (0)

**I. CATALOG DESCRIPTION:**

Provides for the study and application of fitness and wellness and their relationship to a healthy lifestyle. Defines fitness and wellness, evaluates the student's level of fitness and wellness. Students will incorporate physical fitness and wellness into the course and daily living.

**II. RELATIONSHIP OF THE COURSE TO CURRICULA OBJECTIVES IN WHICH IT IS TAUGHT:** Non-Curricula Course

**III. REQUIRED BACKGROUND:** None

**IV. COURSE CONTENT**

- Definitions of fitness and wellness
- Healthy lifestyle
- Nutrition and weight control
- Nutrition: Eating healthy
- Fitness and healthy lifestyle changes
- Evaluating levels of fitness and wellness
- Flexibility & stretching
- Muscular strength & endurance
- Staying injury free
- Coping with stress
- Designing a complete fitness and well program to incorporate in daily living

**V. LEARNER OUTCOMES:**

**VI. EVALUATION:**

Students will develop a complete fitness program including exercise and healthy eating program

Readings, discussion, and designing a complete fitness program

**The course supports the following education objectives:**

DCC Educational Objectives

1. Communication
2. Interpersonal Skills and Human Relations
3. Understanding Culture and Society