

Northwest Arkansas Community College
(Social & Behavioral Sciences Division)

Discipline Code

PEAC

Course Number

1401

Course Title

Lifetime Fitness I

Catalog Description

Physical activity class based on individual fitness needs focused on improving endurance, promoting greater flexibility, increasing muscular strength, and improving cardio respiratory fitness. Course is self-paced under guidance of instructor and requires an average of two 50 minute workout sessions each week of class. A mandatory orientation session must be completed before engaging in course activities. Workout sessions are held at approved local fitness/ gym locations or the NWACC Fitness Center. A fitness center fee is associated with this course.

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:

- Explain importance of physical fitness and regular exercise
- Demonstrate safe and appropriate use of exercise equipment

- Develop and execute realistic personal fitness goals
- Increase flexibility
- Improve muscular strength and overall endurance

General Education Outcomes Supported

- N/A

Standard Practices

Topics list

- N/A

Learning activities

- N/A

Assessments

- N/A

Grading guidelines

- N/A