

PEM-PHYS ED ACTS-(GEN)- PERF (PEM)

PEM 1101 Physical Fitness for Men I (1 Credit)

Emphasis is placed on the values of physical fitness and weight control through the development of an individualized program. Activities include weight training, jogging, rope skipping, and racquetball. The program is designed to encourage students to maintain good physical fitness throughout life. All equipment is furnished.

PEM 1102 Physical Fitness for Men II (1 Credit)

This course is designed to continue the process of PEM 1101.

PEM 1116 Figure & Fitness for Women I (1 Credit)

This course is designed to provide instruction in techniques of body conditioning. Students explore the values of exercise to physical fitness, posture, weight control, figure improvement and body systems with an emphasis on participation in a variety of exercise programs. Programs such as jogging, weight training, floor exercise, bicycling and rope skipping are included. The course is developed to make the student aware of the fact: "Fitness is a lifetime venture." All equipment is furnished.

PEM 1117 Figure & Fitness for Women II (1 Credit)

This course is designed to continue with the process of PEM 1116.

PEM 1905 Fitness & Wellness I (2 Credits)

This course is designed to meet the needs of those interested in initiating or continuing a personalized fitness and wellness program.

PEM 2105 Conditioning for Athletes of All Ages (2 Credits)

This course will provide students with a process to guide them through program development choices and decisions through orchestrated academic and laboratory experiences. This will foster a commitment to fitness as it relates to athletic endeavors and make it an integral part of their lifestyle activities.