

PED 215 : Fitness Activities in Physical Education

This course exposes students to various Fitness-based content that are typically presented to students in a K-12 setting as well as are available in the recreation profession. Topics are to include, but are not limited to Zumba, Yoga, and other Fitness-based activities that are relevant at the time of the course being offered. Students will demonstrate physical competency for each topic covered. Students will be required to complete FitnessGram assessment within the course.

Credits 0.5