

PED 225 : Concepts of Fitness & Wellness

Students will develop a deeper understanding of the relationships among physical activity, wellness, lifestyle management and the eight dimensions of wellness. In addition to behavior change theory and the role it plays in changing an individual's approach to physical and mental well-being, emphasis will be placed on health-related fitness components including, muscular strength and endurance, flexibility, body composition, and cardiorespiratory fitness as well as health issues and problems as they relate to the individual and cultures.

Note: Students may not receive credit for both HSC 215 and PED 225.

Credits 3