

PE 108/109 : Conditioning & Wellness I, II

Credits 1

Quarter Offered Fall, Winter, Spring

Applies health and wellness principles, cardiovascular fitness, and strength training for a comprehensive fitness program. Emphasis on circuit training. This class may include students from multiple sections. (Elective)

Course Outcomes

Learn and apply the fundamentals of body conditioning i.e. warm-up, stretching and proper cardiovascular training techniques.

Participate in a variety of conditioning opportunities to discover how cross training enhances cardiovascular development and interest in fitness.

Demonstrate increased knowledge of proper health and fitness practices.

Identify and develop habits that can lead to a life of good health and fitness.