

PHYSICAL EDUCATION (PER)**PER 126. Fitness And Wellness. 2 Credits.**

This course is an introduction to physical fitness and wellness designed to acquaint students with basic knowledge, understanding, and value of physical activity as it relates to optimal healthful living. The course includes fitness evaluation and wellness assessment with pretest of cardiovascular efficiency, muscular strength endurance, flexibility, skills, body composition, diet, and weight control. Students cannot receive academic credit for both PER 126 and PER 130. Prerequisites: FYE 101, MAT 092 or MAT 096, RDG 098, or placement.

PER 130. Health, Fitness, And Wellness. 3 Credits.

This course is an introduction to healthy lifestyles and fitness. It is designed to acquaint students with a knowledge, understanding, and value of physical activity, nutrition and weight management, preventing diseases, and wellness management for optimal healthful living. Two and one half hours lecture and one and a quarter hour exercise lab. Includes fitness and wellness evaluations. Students cannot receive academic credit for both PER 126 and PER 130. Prerequisites: FYE 101, MAT 092 or MAT 096, RDG 098, or placement.