

## **PED 104 Theory of Lifetime Physical Fitness**

**1 credit hour**

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Course Description: This course provides students with an understanding of how to stay fit throughout their lifetimes. We will consider fitness tool and the rational behind healthy behaviors that lead to overall wellness. The class will consider nutrition requirements and physical activities that lead to good health.

Readings: There is no formal text for this course. A T-Factor or similar book is required for the written project, and the instructor will provide a workbook.

Course Objectives: At the completion of this course each participant will:

1. Understand the importance of physical fitness in every stage of their life.
2. Understand how to develop a fitness program for themselves using available resources.
3. Understand basic nutritional concepts and body fat regulation
4. Understand the principals of physical fitness.

Instructional Procedures:

1. Lecture and demonstration.
2. Class discussion, individual and group activities.
3. Videotapes.

Grading:

1. Class participation, interaction and attendance, 20%.
2. Written project, 40%.
3. Final exam, 40%.