PED 101  Individual Directed Physical Activity  

1 credit hour

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Course Description: The individual directed physical activity option is designed to allow students the opportunity to complete their physical activity requirement without having to attend scheduled classes. Students will begin, or continue, a fitness program designed to fit their schedule and lifestyle.

Course Objectives  The objectives of the physical education requirement are:

1. To develop and improve motor skills.

2. To develop a sound body in which a sound mind can function.

3. To gain a new level of physical fitness and well being.

Procedures / Criteria: Upon reviewing this syllabus the student will develop a plan that will meet the class requirements. The student will then contact the instructor and they will discuss the plan to determine that there is a correlation between the plan and the on-campus activity courses.

A minimum of twenty-five hours of activity is required, and must take place over the course of the term. A weekend tournament will not be accepted. Any logs turned in showing less than twenty-five hours of activity will receive a failing grade.

Logs should consist of four columns and track: DATE – ACTIVITY – TIME – CUMULITIVE TIME. Student safety is a paramount concern. If you cycle wear a helmet. If you run wear good shoes and stay out of dangerous areas. NEVER exercise beyond your stamina, when you are tired accidents happen.

Grading: As this is a physical activity course it is only offered as a pass/fail class.