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 wellbeing.

Procedures / Criteria: IT IS THE STUDENTS RESPONSIBILITY TO CONTACT THE INSTRUCTOR, to determine whether or not the student’s plan will meet the requirements of this course.

The student and instructor 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.

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

Sample log.

<table>
<thead>
<tr>
<th>DATE</th>
<th>ACTIVITY</th>
<th>TIME</th>
<th>CUMULATIVE TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>12/3</td>
<td>RUNNING</td>
<td>1 hr.</td>
<td>1 hr.</td>
</tr>
<tr>
<td>12/5</td>
<td>Weight room</td>
<td>1.5 hr.</td>
<td>2.5 hrs.</td>
</tr>
<tr>
<td>12/6</td>
<td>Running</td>
<td>.75 hr.</td>
<td>3.25 hrs.</td>
</tr>
<tr>
<td>12/7</td>
<td>Continue logging until you</td>
<td>have 25 hours</td>
<td></td>
</tr>
</tbody>
</table>

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