

**University of Arkansas – Fort Smith
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Fort Smith, AR 72913-3649
479-788-7000**

**General Syllabus
PEAC 16261 Total Fitness**

Credit Hours: 1

Activity Hours: 2

Prerequisite: None

Effective Catalog: 2019-2020

I. Course Information

A. Catalog Description

A fitness program that develops muscle strength, flexibility, body composition, and cardiovascular respiratory endurance. Pre- and post-evaluations serve to measure outcomes. Course will meet at times specified by the schedule of classes and will not be available during the fitness center's regular operating hours. A nominal users' fee is required. May be repeated for a total of four hours.

II. Student Learning Outcomes

A. Subject Matter

Upon successful completion of this course, the student will be able to:

1. Discuss the need for a lifestyle which includes weight management, physical activity, and living and working environment which promotes physical and mental well-being.
2. Identify the components of physical fitness and apply to daily lifestyle.
3. Identify fitness and wellness goals and move towards reaching the goals.
4. Use physical assessments to measure outcomes of physical fitness.

B. University Learning Outcomes

This course enhances student abilities in the following areas:

Analytical Skills

Critical Thinking Skills

Students will analyze the form and techniques of proper physical movements performed in this class.

III. Major Course Topics

- A. Cardiovascular endurance
- B. Muscular endurance
- C. Muscular strength
- D. Flexibility
- E. Body composition
- F. Exercise duration
- G. Exercise frequency
- H. Exercise intensity
- I. Physical assessments

