

# PHED 102 : Introduction to Lifetime and Sports Fitness

This course provides experiences in a variety of activities that are related to Lifetime and Sports Fitness delivered in segments that become incrementally more intense through the semester. Activities include for Lifetime Fitness: Tai Chi; Yoga; Pilates; Tae Bo; Aerobics; Circuit Training; and various resistance, training techniques, including Isometric and Nautilus principles. Sports Fitness activities are meant to improve sports related fitness in the areas of flexibility, agility, muscular strength, and muscular endurance. (Accommodation will be made available for students with document disabilities.)

**Credits** 1.0