

NOVA COLLEGE-WIDE COURSE CONTENT SUMMARY PED 107 – EXERCISE AND NUTRITION I (1 CR.)

Course Description

Provides for the study and application of fitness and wellness and their relationship to a healthy lifestyle. Defines fitness and wellness, evaluates the student's level of fitness and wellness. Students will incorporate physical fitness and wellness into the course and daily living. Part I of II. Lecture 0.5 hour. Laboratory 1 hour. Total 1.5 hours per week.

General Course Purpose

This health-related physical activity course will acquaint students with nutrition information and a variety of body toning exercises including cardiorespiratory endurance, muscular endurance and strength, and flexibility to assist them in the development of an individual exercise and nutrition program.

Course Prerequisites/Corequisites

All students must have a basic ability to read, write and speak English. The course requires the ability to participate in physical activities including walking, running, jumping, and dancing. Modifications will be made for students who have a Memorandum of Accommodation (MOA) from Disabilities Services if the MOA indicates that an adapted physical program is required. The student can present the MOA at any time during the semester; but the adapted services are not effective until the MOA is provided to the instructor. For more information and eligibility, contact Disability Services at <http://www.nvcc.edu/current-students/disability-services/index.html>.

Course Objectives

Upon completing the course, the student will be able to:

- a) Engage in group exercises to improve flexibility, muscle strength and endurance, and cardiorespiratory efficiency
- b) Exhibit correct exercise form and technique
- c) Improve body composition.
- d) Analyze the nutritional strengths and weakness in their diet.
- e) Properly use resistance equipment to perform strength exercises

Major Topics to be Included

- a) Warm-up and cool down.
- b) Exercise routines for health
- c) Movement combinations for cardiovascular endurance (step aerobics optional)
- d) Development of individual exercise program
- e) Nutrition analysis and weight management
- f) Injury prevention
- g) Exercise guidelines