

NOVA COLLEGE-WIDE COURSE CONTENT SUMMARY PED 113 – LIFETIME ACTIVITIES I (1 CR.)

Course Description

Presents lifetime sports and activities. Teaches skills and methods of lifetime sports and activities appropriate to the local season and facilities available. 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 give students a basic understanding of flexibility through the practice of yoga postures, breathing, and relaxation techniques.

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) Properly engage in the fundamental skills of a particular sport or activity
- b) Explain equipment selection, safety, rules, terminology and etiquette for a particular sport or activity

Major Topics to be Included

- c) Terminology and rules
- d) Safety and etiquette
- e) Skills of the sport or activity
- f) Proper equipment and clothing selection
- g) Maintenance and care of equipment