

PHED 1100-1101
WESTERN TEXAS COLLEGE
Department of Physical Education

I. Course Description

A. PHED 1100-1101. P.E. Activity for Freshmen. (1-0-3). Activity in beginning and advanced golf; beginning and advanced weight training; beginning and advanced racquetball; recreational racquetball; recreational volleyball; yoga; body conditioning; aikido; horsemanship; and rodeo production and management.

Activity courses may be for women only, men only, or coeducational. A maximum of four hours will be counted toward graduation requirements. Physical education majors may take eight hours

B. Prerequisites – None

II. Student Learning Outcomes

A. Upon successful completion of the course the student will:

1. Participate in physical fitness activities that will aid in assessing personal health related fitness.
2. Design, implement, and evaluate fitness programs to promote societal lifetime physical fitness.

III. Major Course Requirements

A. **Fitness plan**

B. **Fitness Log**

IV. Other Policies: Refer to the WTC Course [Catalog](#) for the following:

- A. Campus Calendar
- B. Final Exam schedule
- C. How to drop a class
- D. Withdrawal information
- E. Student Conduct/Academic Integrity
- F. Students with disabilities

V. Course Organization & Tentative Schedule*

Week 1	Fitness Log
Week 2	Fitness Log
Week 3	Fitness Log/ Fitness Plan
Week 4	Fitness Log
Week 5	Fitness Log
Week 6	Fitness Log
Week 7	Fitness Log
Week 8	Fitness Log
Week 9	Fitness Log
Week 10	Fitness Log
Week 11	Fitness Log
Week 12	Fitness Log
Week 13	Fitness Log
Week 14	Fitness Log
Week 15	Fitness Log

Last Modified: April 25, 2022