

PHED 1100: Contemporary Nutrition and Fitness	
Credits:	2
Equivalent to:	PE 103
Offered:	Every Semester
Goal Areas:	11
Prerequisites:	None
Delivery Method:	Classroom
Course Description: Students will learn and implement contemporary nutrition and cooking methodology with the focus on cultural and localized nutrition. Fitness and exercise programming modules will be analyzed and practiced by students to help improve numerous components of health and wellness. Special considerations will be made for students with medical limitations.	
Course Learning Outcome #1	Students will track their nutrition and physical activity.
Course Learning Outcome #2	Students will prepare healthy foods and snacks.
Course Learning Outcome #3	Students will distinguish between various types of exercises.
Course Learning Outcome #4	Students will summarize and explain their progress in activity and nutrition.