

# PHYSICAL EDUCATION ACTIVITY (PEA)

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## **PEA 115 Health and Fitness Experience (0.5 Credits)**

15 clinical/other

In this course, students will explore the benefits of regular and varied physical fitness activities at the Health & Fitness Center at Washtenaw Community College. Students will develop and maintain a personal physical fitness plan utilizing the Health Fitness Center's equipment, group classes and body-age assessment by a fitness center trainer. Students must be 18 years of age and enrolled in a minimum of 3 credits in the term of enrollment. This course may be repeated for credit five (5) times for a total of 3 credits. Level I Prerequisite: No Basic Skills; Minimum of 18 years of age; Student must be enrolled in at least 3 other credit hours.