PED 121 - TOTAL FITNESS

This course is designed to assist students in increasing their personal fitness by developing and implementing personalized fitness plans with the support of highly trained and nationally certified fitness instructors. Regular contact time with an instructor will also be provided. Students will earn transferrable college credit while working out on their own at approved workout facilities.

This may include the following:

- Documented workout time during any hours of operation at the CLC Fitness Center http://www.clcillinois.edu/campus-life/fitness-and-wellness/fitness-center
- Documented workout time at a pre-approved health and/or fitness center/club in the greater Lake County area (see the approved partner sites link for complete list)
- Documented workout time during CLC activity credit & non-credit classes and special programs
- Possible other documented physical activities as approved by the course instructor

MANDATORY ORIENTATION SESSION:

All students enrolled in PED 121 – TOTAL FITNESS are required to participate in an orientation session which will include a detailed explain of the course, including the syllabus, activity/facility choices, instructor meeting options, and assignments.

Students must check their CLC email account the week before classes begin to learn when the mandatory orientation session will take place (i.e. during the first week of their respective class). Students are to refer to their class schedule to verify their start date.

Students may not begin accumulating workout hours towards this course until they have successfully completed their orientation & the necessary paperwork within the required timeframe.

If there is no attempt to begin the course by the 15% attendance cut-off date students will be withdrawn from the course. Students are to view their class schedule for the actual date, which is the same as their last day to drop with a refund.

For questions or more information, students may contact either the Total Fitness Lead instructor, Kristina Watanabe at kwatanabe1@clcillinois.edu or the Department Chair of the Physical Education Department, Dr. Joana Pabedinskas at jpabedinskas@clcillinois.edu or 847-543-2029.