

**Approved by:** Kim Krause

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**An Active Approach to Wellness and Fitness, PHYED-210, 3 Credits**  
**Work/Life Experience Portfolio**

Credit for Prior Learning provides students a range of options to earn college credit for what they already know. Students can demonstrate college-level knowledge and competencies from examination, portfolio, to workforce and military.

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- 1. Course title, number & credit value:**
  - a. **Physical Education, PHYED-210, 3 Credits**
- 2. Course description:**
  - a. This lecture and lab course provides students with a contemporary approach to the total wellness concept, which includes physical fitness, exercise, nutrition and stress management. The relationship of physical fitness and activity to healthy lifestyles and wellness is examined. Students also learn CPR, make realistic appraisals of their health and identify and use physical techniques and wellness concepts to develop personal plans for lifetime wellness.
- 3. Portfolio requirements that demonstrate competencies. *\*Note for Resumes:***

Lead faculty must verify the student's work history via a letterhead mail or phone interview.

  - a. Professional Dance Biography, Resume, and Video clip of dance performance
- 4. Course Competencies that must be demonstrated:**
  - a. Apply Wellness components, Identify physical fitness components, Analyze nutrition, Identify Environmental Health Concerns, Occupational Wellness, Social Wellness, Intellectual Wellness, Emotional Wellness, CPR skills, Cardio respiratory endurance, Muscular Strength and Endurance and Flexibility