

Course Information

Distance Learning Course: PED 110.71 Fit and Well for Life

Course format: Internet

Textbook: Fitness and Wellness, 12th edition, ISBN-10: 1337344362 ISBN-13: 9781337344364

Course Prerequisites/ Corequisites: None

Instructor Information	
Name	Ron Holloway
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Office location	
Office hours	

Types of Required Assignments	Frequency of Assignment
Class Labs	10
Discussion Forums	Yes
Projects	Yes
Tests/Exams	Yes
Quizzes	No
Journal Entries	No
Writing Assignments	Within project
Other	

Course Policies and Requirements	Hours
Average number of hours per week to be successful in a 12 to 16 week course	4
Average number of hours per week to be successful in a 8 week course	
Number of proctored exams required in this course	0
Number of times a student will need to travel to campus	Depends on home access to internet

Additional attendance requirements:

Policy on make-up exams and/or late assignments for this course: Late assignments and make-ups usually not accepted, but handled on case by case basis.

Software/Technical Requirements	
Do assignments require the use of supplements bundled with the text book?	No
Is additional software required?	No

Additional comments: etext suggested, but bound copies okay