PED 100— Fundamentals of Fitness Hybrid Course

Offered at both the Jefferson and Shelby Campus

Instructor—Coach Cammie Hallmark

Information: challmrk@jeffstateonline
(205) 266-5108 or (205) 856-7875

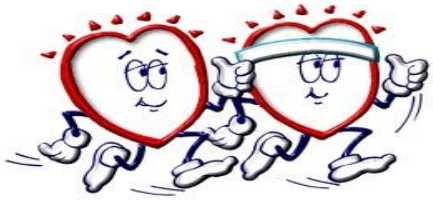
Hybrid courses have several regularly sched-uled meetings on campus. The number of meetings is reduced by incorporating online instruction through Blackboard. This course will meet a total of 6 times on campus. **It is vital that students attend the introductory meeting to receive important information about the class.**

Requirements:

Students should feel comfortable using email and the internet. Students should have a home computer with a reliable internet connection.

Fundamentals of Fitness gives you the knowledge and skills necessary to make personal lifestyle choices that will promote health, fitness and wellness over a lifetime.

Introductory Meetings:

Shelby Campus: Jan. 9 @ 12:30

Jefferson Campus: Jan. 10 @ 12:30