

# PHYSICAL ACTIVITY EDUCATION (PAE)

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**PAE 1011 FITNESS CENTER**

**Description:** This course provides students the opportunity to pursue individual fitness goals. Emphasis is placed on fitness as a lifelong pursuit of wellness. Minimum of 1 hour per week is required.

**Credit Hours:** 1

**Max credits per semester:** 1

**Max credits per degree:** 1

**Grading Option:** Graded