

# Fitness & Technology



## Instructor:

Vickie C. Williams

Adjunct Instructor for WCC

Master of Science—Health and  
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## To Register, contact:

Workforce Development @ WCC  
276-223-4820 or 276-223-4712  
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## Class Information:

ITE 195-95 / Topics in Fitness &  
Technology [#58350]

Class begins on February 22, 2012  
and runs through May 25, 2012

This class will be delivered using a  
hybrid format. Materials are  
delivered online in addition to  
monthly class meetings.

## ITE 195-95 / Topics in Fitness & Technology

### Course Description

Provides a method of body exercise  
to emphasize the improvement and  
development of cardio-respiratory  
fitness, muscular strength, muscular  
endurance, flexibility, and balance.

3 Credits / 3-5 hours per week

### Required Course Materials

- ⇒ Wii Console
- ⇒ Wii Fit CD
- ⇒ Wii Balance Board
- ⇒ Wii Remote
- ⇒ Wii Nunchuk

This course will encourage students to  
workout using the various activities  
that are available with Wii. By using  
Wii, students will improve and develop  
endurance, strength, flexibility, and  
balance. An outstanding advantage to  
using Wii games and activities is the  
ease of availability to exercise at any  
time of the day that is convenient to a  
student's lifestyle. The student has the  
choice to workout as an individual or  
with a group. In addition, this course  
will have monthly meetings to  
enlighten the student's awareness of  
health benefits and advantages of Wii.

