**Distance Learning Course:** PED 110.72 Fit and Well for Life

**Course format:** Internet

**Textbook:**

**Instructor Information:**

- **Name:** James Balta
- **Office phone number:** 336-599-1181
- **E-mail address:** james.balta@piedmontcc.edu

**Instructor Website:**

- **Office hours (if any) and location:**

**Course Prerequisites/Corequisites:**

- **Are campus visits required?** No

- **Testing is completed:** Online

- **Is there any additional software required for this course?**

  - **If yes, what is the software?**

- **Do course assignments require use of supplements bundled with the textbook?**

  - **Additional comments/preferences/suggestions:**