The Wellness Center offers a variety of PED activity classes for personal enrichment (reduce stress, get in shape, and have fun).

- Aerobic Dance PED 107
- General Conditioning PED 118/119
- Kickboxing PED 159
- Personal Fitness PED 105
- Slimnastics PED101/102
- Tai Chi PED 150
- Weight Training PED 103/104

PED activity classes are 1 credit hour that may be counted as electives for the Associate in Arts (AA), Associate in Science (AS), and the Associate in Applied Science (AAS) degrees at Shelton State Community College.

Note: Pell grant funds will only pay for courses that are part of a student’s program of study. In addition, pell grant funds will only pay for an approved amount of electives. It is the student’s responsibility to check his/her program of study in the College catalog to verify that the PED course will count toward his/her program of study.

Most four year institutions accept PED activity classes as electives for a Bachelor’s degree. Students are responsible for checking transfer credit information. Students should refer to their STARS Guide and/or contact the four year institution that they plan to transfer to in order to obtain transfer credit information.

For any additional questions, contact Milady Murphy at 205.391.2994 or murphy@sheltonstate.edu.