

## **Fitness for Life - PE173**

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**Section:** PE173 816251S Online

**Section Type:** Lecture

**Credit Hours:** 1.00

**Course Description:** Concept of wellness as it relates to being fit in body, mind and spirit; instruction in heart rate measurement, body fat and lifestyle profile; discussion of major components of a healthy life.

**WHEN**

Days: Arranged

Times: Arranged

Start Date: 09/02/2025

End Date: 09/26/2025

**WHERE**

Online

**INSTRUCTOR**

THAYNE EDIGER

**BOOKS**

Title: IHEALTH: AN INTERACTIVE FRAMEWORK 4TH 2021 Edition

Author: SPARLING

Required: Yes