

## **Fitness for Life - PE173**

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**Section:** PE173 816251S Online

**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** Start Date: 09/02/2025 End Date: 09/26/2025

**Days:**

Arranged

Arranged

### **INSTRUCTOR**

THAYNE EDIGER

### **BOOKS**

No textbooks for this course.