

Fitness for Life - PE173

Section: PE173 816252S 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: 02/02/2026 End Date: 02/27/2026

Days:

Arranged

Arranged

INSTRUCTOR

THAYNE EDIGER

BOOKS

Title: IHEALTH: AN INTERACTIVE FRAMEWORK 4TH 2021 Edition

Author: SPARLING

Required: Yes