

Fitness for Life - PE173

Section: PE173 826251S 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: 11/03/2025

End Date: 12/01/2025

WHERE

Online

INSTRUCTOR

GENERAL STAFF

BOOKS

Title: IHEALTH: AN INTERACTIVE FRAMEWORK 4TH 2021 Edition

Author: SPARLING

Required: Yes