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 Start Date: 11/03/2025 End Date: 12/01/2025

Days: Arranged Arranged

INSTRUCTOR GENERAL STAFF BOOKS

Title: IHEALTH: AN INTERACTIVE FRAMEWORK 4TH 2021 Edition

Author: SPARLING

Required: Yes