

Fitness for Life - PE173

Section: PE173 826261S 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: 11/09/2026 End Date: 12/10/2026

Days:

Arranged

Arranged

INSTRUCTOR

GENERAL STAFF

BOOKS

Title: EBOOK IHEALTH: AN INTERACTIVE FRAMEWORK 4TH Edition

Author: SPARLING

Required: Yes