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