

## **Fitness for Life - PE173**

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**Section:** PE173 827232S 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: 05/06/2024

End Date: 05/31/2024

**WHERE**

Online

**INSTRUCTOR**

GENERAL STAFF

**BOOKS**

Title: IHEALTH: AN INTERACTIVE FRAMEWORK 4TH 2021 Edition

Author: SPARLING

Required: Yes