

## **Fitness for Life - PE173**

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**Section:** PE173 827252S 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: 05/04/2026 End Date: 05/29/2026

**Days:**

Arranged

Arranged

### **INSTRUCTOR**

GENERAL STAFF

### **BOOKS**

Title: IHEALTH: AN INTERACTIVE FRAMEWORK 4TH 2021 Edition

Author: SPARLING

Required: Yes