

Fitness for Life - PE173

Section: PE173 876192S 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: 05/04/2020

End Date: 05/29/2020

WHERE

Online

INSTRUCTOR

MICHELLE CAREY

BOOKS

Title: IHEALTH: AN INTERACTIVE FRAMEWORK 3RD (2017) Edition

Author: SPARLING AND REDICAN

Required: Yes