

HHPL 009: Slimnastics

Explore the benefits of physical activity, healthy nutrition choices, and a personal fitness plan. Understand the specific techniques and guidelines for increased strength and endurance. Learn various exercises designed to enhance flexibility and levels of fitness. Engage in safe and effective exercise procedures for all fitness levels.

Credits: 1

Program:

Health, Human Perform. & Leisure Studies

COURSE DESCRIPTIONS

Essential Learning Outcomes: ELO #7: Comprehensive Wellness Practices