

HHPL 013: Slimnastics II

Provides the student with a variety of training exercises using aerobic activities, body weight training and strength training that stimulate health and lung activity for a sustained time period to produce beneficial changes in the body.

Credits: 1

Program:

Health, Human Perform. & Leisure Studies

COURSE DESCRIPTIONS

Essential Learning Outcomes: ELO #7: Comprehensive Wellness Practices