

HHPL 048: Exercise & Wellness

This course introduces the student to the fundamental relationship between physical fitness and a healthy lifestyle. The theoretical components of fitness, principles of training, individual pre/post assessments and prescription exercise programs are examined. Varied physical activity media are introduced to give the student practical experiences with the ultimate goal of self-directed lifetime wellness.

Credits: 1

Program:

Health, Human Perform. & Leisure Studies

COURSE DESCRIPTIONS

Essential Learning Outcomes: ELO #7: Comprehensive Wellness Practices