

# HHPL 055: Fitness II

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. Emphasis on cardio training and body weight training. Apply theory and practice for lifetime use.

**Credits:** 1

**Program:**

## Health, Human Perform. & Leisure Studies

### COURSE DESCRIPTIONS

**Essential Learning Outcomes:** ELO #7: Comprehensive Wellness Practices