HPER 100: Wellness, and Fitness

Credits: 2
Lecture/Lab Hours: 4
Prereq: Qualified for ENG 100L.
Semester Offered: Fall

Description: In this course, students develop an understanding of how their lifestyle choices have an effect on their personal wellness and physical fitness. Students will explore the progression of conditioning exercises and activities that develop and maintain physical fitness, and lifestyle choices that maintain health and wellness. This course will take place in both the classroom and lab setting.

Designations:
Graduation Requirement: Health and Wellness (Cognitive Health/Physical Health) — CH/PH