

# HPER 100 : Concepts of Fitness and Wellness

A course designed for students of all ages that teaches the facts about exercise and physical fitness. This course is designed to teach the student the role of physical activity in maintaining adequate health and improved quality of life. Also, how to assess, develop and implement a complete lifetime fitness and wellness program and its components. The course is designed to incorporate these ideas through lecture and activity. (F, S, O)

**Credits** 2

**Component**

LEC