

## HPE 256 : CONCEPTS AND APPROACHES TO A FIT AND WELL WAY OF LIFE

This course is designed for Jan Term to give students a knowledge of fitness, nutritional health and general wellness. Students will also participate in a variety of daily lifetime fitness activities such as aerobics, yoga, pilates and water aerobics. Offered Jan Term only.

3.000

Health and Physical Education

GEP credit for Fitness and 1 PE activity. May not take both HPE 255 and 256 for credit.