

HPR 121 : Lifetime Wellness

This course deals with factors which influence physical, mental, social, and emotional health. Students learn health concepts to guide them to positive personal health decisions and lifestyle changes based on up-to-date health information. Students will have weekly lab experiences to illustrate the topics covered. Students are required to complete a fitness test to demonstrate competent movement performance and health fitness as delineated in the Alabama Fitness Test & SHAPE American standards [PE Fitness Test required each semester].

Credits 2