

Fitness for Life 1**9, 10, 11, 12**

Prerequisite – None

ES8165 – 1/2 unit

Virtual (online)

Exploring fitness topics such as safe exercise, injury prevention, and stress management, this course equips students to assess individual fitness levels according to the five components of physical fitness: cardiovascular health, muscular strength, muscular endurance, flexibility, and body composition. Personal fitness assessments encourage students to design fitness programs to meet their individual fitness goals.

*This course does not meet NCAA eligibility requirements and is not repeatable for credit.