

# KINE1000L : Fundamentals of Wellness Laboratory

This course is designed to allow students to assess personal health benchmarks related to overall wellness including: body composition, cardiorespiratory fitness, muscular strength, endurance and flexibility, skill-related fitness, and blood lipids analysis. Students will develop a personal wellness program based on personal health assessments.

**Credits** 0

**Corequisite Courses**

KINE1000