

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: Fundamentals of Wellness