

EDKP 219. HEALTHY LIFESTYLE ACTIVITY.

Credits: 1

Offered by: Kinesiology and Physical Ed (Faculty of Education)

This course is not offered this catalogue year.

Description

An introduction to activities designed to meet personal needs and self-management skills necessary to adopt healthy lifestyles. Emphasis is on activities that foster mind-body connections, aerobic fitness, muscular tone, balance, and range of motion. Activities may include yoga, tai-chi, pilates, aerobics, walking, in-line skating, and cycling.

Most students use Visual Schedule Builder (VSB) to organize their schedules. VSB helps you plan class schedules, travel time, and more.

[Launch Visual Schedule Builder](#)