

# EDKP 232. HEALTH-RELATED FITNESS.

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Credits: 3

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

Terms offered: Winter 2026

[View offerings for Winter 2026 in Visual Schedule Builder.](#)

## Description

Participation in activities surrounding the components of cardiovascular fitness, strength, and flexibility. Exposure to a variety of fitness assessments as well as how these assessments can be used to connect to the Quebec Physical Education Curriculum's student plans of action in regards to overall health and well-being.

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](#)