

EDKP 330. PHYSICAL ACTIVITY AND PUBLIC HEALTH.

Credits: 3

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

Terms offered: Fall 2025

[View offerings for Fall 2025 in Visual Schedule Builder.](#)

Description

Introduction to literature on the role of physical activity and general health and well-being. Examination of exercise adherence issues, exercise prescription, and the economic impact of physical fitness programs in the workplace. Epidemiologic literature. Concepts of health promotion and public health.

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

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