

FMTP 090. PHYSICAL ACTIVITY AND HEALTH (109-101-MQ).

Credits: 1

Offered by: Farm Mgmt & Technology Program (Faculty of Agric Environ Sci)

Terms offered: Fall 2025

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

Description

This course will provide experience in some popular forms of training for fitness. The class format will be to have an exercise session in combination with a lecture for the first half of the class, followed by a game or activity. Sample activities are softball, soccer, touch rugby, woodsmen competition events, touch football, tennis, badminton, basketball and golf.

• (109-101-MQ)

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](#)