

FMTP 091. PHYSICAL ACTIVITY AND EFFECTIVENESS (109-102-MQ).

Credits: 1

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

Terms offered: Winter 2026

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

Description

This course includes the practical application of games and activities most likely to be incorporated in rural community life. The activities included are: alpine and nordic skiing, broomball, hockey, curling, volleyball, indoor soccer, weight training and swimming.

- (109-102-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](#)