

FMTP 095. ACTIVE LIVING (109-105-02).

Credits: 1

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

This course is not offered this catalogue year.

Description

As a follow-up to Health and Physical Education and Physical Activity courses, this course is to be designed by the student with approval and guidance from the instructor. This is to be done in such a manner as to demonstrate awareness of the principles of fitness and training. The program is intended to be able to stand alone and incorporate lifetime activities. Students may get together and use group activities as a supplement to their program. Elements of cardio-respiratory fitness, strength training, nutrition, weight control, stress management and flexibility should be included.

- (109-105-02)
- (1-1-1)

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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