

# PHTH 482. INTRODUCTION TO HEALTH, FITNESS AND LIFESTYLE.

---

Credits: 3

Offered by: Phys and Occ Therapy (School of Phys & Occ Therapy)

Terms offered: Fall 2025

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

## Description

Introduction to lifestyle concepts and practices, complementary to the scope of physiotherapy practice, which influence individual health and fitness. Topics include: physical activity, sedentary behaviour, diet, sleep, and psychological and mental wellbeing. Certain external factors that influence these concepts and practices, and approaches to promoting behavioural change.

- Restrictions: Open only to U2 students in the B.Sc.(Rehab.Sc.); Major in Physical Therapy program.

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](#)