

# Health, Physical Education, and Recreation (HPR) - Courses

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## Courses

+HPR 105 Cr.3

### **Creating A Healthy, Active Lifestyle**

This course will focus on the knowledge and skills necessary for developing and maintaining a healthy, physically active lifestyle throughout one's lifespan. Major issues directly affecting one's health such as physical fitness, movement skills and activities, health promotion and disease prevention, the effective use of leisure and content in various wellness topical areas will be included. Offered Fall, Spring, Summer.