

# PE 295 : Health and Fitness for Life Lab

Explores the interrelationship of the five components of physical fitness, basic nutrition concepts, and stress management activities to increase individual health and wellness through lab sessions, fitness assessments, and fitness program development.

In this course students evaluate their personal health status. They will participate in all five components of wellness during the class and experience their interconnection. Health and Fitness Lab is a transferable course. Students must simultaneously enroll in HE 295 lecture. Lab sections are available for students with disabilities.

**Credits** 1

**Subject**

[Physical Education](#)

**Course Outcomes**

Upon successful completion, students should be able to:

- Evaluate their fitness
- Make informed choices in choosing exercise programs to maintain or improve their levels in the five components of physical fitness.
- Make informed lifestyle choices that will maintain their physical fitness throughout their lives.

**Co-Requisite Courses**

[HE 295](#)