

Course Schedule - Spring 2008

Kinesiology

122 ***Physical Activity and Health*** credit: 3 hours.

Provides the scientific evidence of physical activity in preventing disease and optimizing quality of life. Teaches behavioral change strategies to achieve an active lifestyle. Designed for non-majors.

CRN	Type	Section	Time	Days	Location	Instructor
35079	lecture	A1	09:00 AM - 09:50 AM	MWF	room 319 Gregory Hall	Morris, K
35079: 3 hours						