COURSE DETAIL

EXERCISE AND FITNESS: MYTHS AND REALITY
Country New Zealand
Host Institution University of Auckland
Program(s) University of Auckland
UCEAP Course Level Lower Division
UCEAP Subject Area(s) Physical Education
UCEAP Course Number 10
UCEAP Course Suffix
UCEAP Official Title EXERCISE AND FITNESS: MYTHS AND REALITY
UCEAP Transcript Title EXERCISE & FITNESS
UCEAP Quarter Units 6.00
UCEAP Semester Units 4.00

Course Description

This course is an introduction to the principles of physical exercise, with a focus on understanding how the body moves and responds to exercise, how performance can be measured, and how fitness can be developed and maintained to optimize health. Particular emphasis will be placed on the debunking of common myths about exercise, and offering evidence-based advice on the benefits of appropriate physical activity.

Language(s) of Instruction
English

Host Institution Course Number
EXERSCI 100G

Host Institution Course Title
EXERCISE AND FITNESS: MYTHS AND REALITY

Host Institution Course Details
http://www.calendar.auckland.ac.nz/courses/prescriptions/general-education/spor...

Host Institution Campus

Host Institution Faculty
Science

Host Institution Degree

Host Institution Department

Course Last Reviewed
2024-2025

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