

# 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 Campus

## Host Institution Faculty

Science

## Host Institution Degree

## Host Institution Department

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