

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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