

# COURSE DETAIL

## EXERCISE AND QUALITY OF LIFE

**Country**

Spain

**Host Institution**

University of Alicante

**Program(s)**

University of Alicante

**UCEAP Course Level**

Upper Division

**UCEAP Subject Area(s)**

Physical Education Health Sciences

**UCEAP Course Number**

107

**UCEAP Course Suffix****UCEAP Official Title**

EXERCISE AND QUALITY OF LIFE

**UCEAP Transcript Title**

EXERCISE&QLTY LIFE

**UCEAP Quarter Units**

5.00

**UCEAP Semester Units**

3.30

## Course Description

The course addresses the critical role of physical activity in preventing lifestyle-related diseases and improving quality of life. Students learn to assess, design, and implement safe and effective physical activity programs tailored to diverse populations. The course covers health assessment, exercise prescription, ergonomics, and fitness testing, promoting lifelong healthy habits and physical well-being.

## Language(s) of Instruction

### Host Institution Course Number

16620

### Host Institution Course Title

ACTIVIDAD FÍSICA Y CALIDAD DE VIDA

### Host Institution Course Details

<https://cvnet.cpd.ua.es/Guia-Docente/?wlengua=es&wcodasi=16620&scaca=2025-26>

### Host Institution Campus

San Vicente del Raspeig

### Host Institution Faculty

Faculty of Education

### Host Institution Degree

Degree in Physical Activity and Sports Sciences

### Host Institution Department

Department of Physical Education and Sports Science

### Course Last Reviewed

2025-2026

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