

HMKN 100 – Health, Fitness and Lifestyle

4 course themes:

- ▶ 1. fit for health; fit for purpose
- ▶ 2. evidence and experience - based learning and knowledge transfer
- ▶ 3. the scope of health and exercise sciences
- ▶ 4. kindness and grace

Fit for Life



4 things to do for this class each week:

- ▶ Come to class and do the readings
- ▶ Come to lab and complete your labs



- ▶ Do your weekly Experiential learning task from lab
- ▶ Do your Monday asynchronous class tasks