

# EDUC F-PHYSICAL EDUCATION (EDF)

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## Course Descriptions

### **EDF 270 Physical Activity and Health 2 to 3 Credit Hours**

Discussion of topics related to attaining a healthy lifestyle including nutrition, stress management techniques, physical training programs, cardiovascular disease, risk factors and other health-related topics.

### **EDF 450 Health, Nutrition and Physical Activity for Children and Families 3 Credit Hours**

Instruction and participation in health, nutrition and physical education concepts and principles as they relate to elementary school curriculum. The six-dimensional model of wellness will be applied to meet legislative goals and objectives for the various grade levels. Required for elementary education majors.

#### **Restriction(s):**

Cannot enroll if Class is Freshman

\*An asterisk denotes that a course may be taken concurrently.

#### Frequency of Offering

The following abbreviations are used to denote the frequency of offering: (F) fall term; (W) winter term; (S) summer term; (F, W) fall and winter terms; (YR) once a year; (AY) alternating years; (OC) offered occasionally