

**University of Arkansas – Fort Smith
5210 Grand Avenue
P. O. Box 3649
Fort Smith, AR 72913-3649 479-788-7000**

General Syllabus PHYE 0990 Well Fit

Credit Hours: 0

Prerequisite: None

Effective Catalog: 2019-2020

I. Course Information

A. Catalog Description

A fitness program that develops muscle strength, flexibility, body composition, and cardiovascular respiratory endurance. An orientation is not required. Available during fitness center's regular operating hours for ages 14 and up. A nominal users' fee required. Course is not graded and not on academic transcript.

B. Additional Information – None

II. Student Learning Outcomes – not applicable (non-credit course)

III. Major Course Topics – not applicable (non-credit course)