



### Course Information

**Meeting Days: Tuesday - Thursday**

**Meeting Times: 9:30 & 11:00 AM**

**Meeting Location: Tennis Courts**

#### **COURSE DESCRIPTION**

Development of personal fitness through assessment, theory, and practice; introduces principles of conditioning, nutrition, and stress management leading to a lifetime of fitness and desirable health practices.

Let's get started...

1. To learn more about your instructor please review [Meet Your Instructor](https://canvas.pointloma.edu/courses/57769/pages/meet-your-instructor).  
(<https://canvas.pointloma.edu/courses/57769/pages/meet-your-instructor>)
2. Review the [Course Syllabus](https://canvas.pointloma.edu/courses/57769/assignments/syllabus)  
(<https://canvas.pointloma.edu/courses/57769/assignments/syllabus>)
3. Finally, review the Quick Links below and begin working your way through the content in the [Modules](https://canvas.pointloma.edu/courses/57769/modules).  
(<https://canvas.pointloma.edu/courses/57769/modules>)

#### **Faculty Contact Info**



**Name**

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#### **Quick Links to Resources**

[Netiquette Guidelines \(https://canvas.pointloma.edu/courses/57769/pages/netiquette-guidelines\)](https://canvas.pointloma.edu/courses/57769/pages/netiquette-guidelines) | [Canvas Student Guides \(https://community.canvaslms.com/docs/DOC-10701-canvas-student-guide-table-of-contents\)](https://community.canvaslms.com/docs/DOC-10701-canvas-student-guide-table-of-contents)