

# VUSC 0008: Fitness and Health

Using a hands-on approach, this course provides information necessary for the development of healthy exercise and physical activity programs, and teaches individuals to assess their personal status and activity needs. It also focuses on concepts of effective goal setting, enabling each individual to determine realistic goals for self-improvement and the use of physical activity for health-promotion throughout a lifetime.

**Discipline:** [VUnited Scholars](#)

**Clock Hours per Week:** 1

**Military Price:** \$24,543.75