Course description
This course will provide you with an introduction to self-management of personal health and fitness through nutritional intake and physical activity. Students will be paired with students from upper division Exercise Physiology programs (fitness interns) who will collaborate with the instructor in personalizing the in-class content to develop healthy nutritional intake and physical activity for the student. Following completion of this course the student will be prepared to pursue a healthier lifestyle by making informed decisions regarding their own physical activity and nutritional intake.

Notes
In order to monitor enrollment in the course and enrollment in a related research study, permission of the instructor is required.