

## FTR211 Healthy Living and Exercise

Faculty of Health Sciences- Compulsory course

Credit: 2      ECTS: 2



**Course Description:** This course aims to explain and discuss concepts related to healthy living and physical activity, fostering awareness and its development. The curriculum covers various aspects of physical activity, exercise, and their relevance to overall well-being.

**Course Outcomes:**

- Develop a comprehensive understanding of healthy living and the role of physical activity in promoting overall well-being.
- Foster awareness and appreciation for different forms of exercise and their contributions to individual health.
- Promote sustainable fitness practices through personalized exercise prescriptions and consideration of diverse life stages.
- Advocate for inclusivity in physical activity, addressing specific needs in different age groups.
- Highlight the preventive aspects of physical activity in combating chronic diseases and contributing to long-term health and well-being.