



Red Deer  
Polytechnic



# Dual Credit: Personal Fitness and Wellness

Begin your post-secondary journey in high school.

## KNSS 1210

September 23, 2024 – December 13, 2024 Online,  
Asynchronous with an in-person lab orientation

**For more information on this program,  
contact your school's guidance counsellor.**

### About This Course

If you are interested in developing a healthy lifestyle and learning about what factors influence your overall fitness and wellness, this course may be of interest to you! This course can be used towards the completion of a Kinesiology & Sports Studies Diploma, a Justice Studies Diploma, as well as can be taken as an elective for many other programs. Please refer to the program of interest to see the minimum grade requirement for this course.

### Course Description

An exploration and application of the foundations of health, wellness and fitness from a personal perspective. Theory and practical strategies are used to empower the student in developing a healthy active lifestyle.

### Related Program Information:

**Kinesiology & Sports Studies Diploma – <https://rdpolytech.ca/programs/kinesiology-sport-studies-diploma>**

**Justice Studies Diploma – <https://rdpolytech.ca/programs/justice-studies-diploma>**

**To see if this course qualifies as an elective for a program of your interest, visit <https://rdpolytech.ca/admissions/register-courses/academic-planning-guides>**

