

# Fitness and Wellness Program

## College of Health and Human Services

### About the Program

FTWL 106: Lifelong Fitness and Wellness is a General Education course required for all Salisbury University students. The course includes a lecture and physical activity component. Students learn about risk factors, behavior modification and goal setting in order to reduce their chances of developing chronic health problems such as heart disease and diabetes. In addition, students improve their knowledge, behaviors and skills related to personal wellness in the context of multiple dimensions of wellness. Lectures are offered in face-to-face and online formats. Honors sections of FTWL 106 are offered.

### Physical Activity

Students have the opportunity to select from a variety of physical activity options. Activity topics include walk/jog, circuit training, yoga and weight training. Face-to-face activity meets three days per week, 50 minutes each session. In addition to face-to-face activity options, students may choose to enroll in self-directed activity sections. Self-directed activity allows students to meet physical activity goals independently using a heart rate monitor and Bluetooth-compatible device.

### FACULTY

- Susannah Taylor, Ph.D.
- Sara Phillips, M.S.



*“Students gain knowledge and skills that can help improve overall health and well-being for life.”*

*– Zachary Townsend*

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**CONTACT INFORMATION**

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[salisbury.edu/fitness-wellness](http://salisbury.edu/fitness-wellness)

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