

# LIFETIME FITNESS

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To gain facility and knowledge of life-long physical wellness, students must participate in a Lifetime Fitness class. This class combines instruction in and practice of a sports or physical activity along with instruction in physical well-being (exercise and fitness) to promote lifelong fitness.

Lifetime Fitness (LIFE-FIT) is a required Reflection and Integration course in the IDEAs in Action curriculum (<https://catalog.unc.edu/undergraduate/ideas-in-action/#learningoutcomestext>).

## Approved Courses

Code	Title	Hours
LFIT 102	 Lifetime Fitness: Adapted Physical Activity	1
LFIT 103	 Lifetime Fitness: Aerobics	1
LFIT 104	 Lifetime Fitness: Exercise and Conditioning	1
LFIT 105	 Lifetime Fitness: Indoor Sports	1
LFIT 106	 Lifetime Fitness: Beginning Jogging	1
LFIT 107	 Lifetime Fitness: Intermediate Jogging	1
LFIT 108	 Lifetime Fitness: Outdoor Sports	1
LFIT 109	 Lifetime Fitness: Racquet Sports	1
LFIT 110	 Lifetime Fitness: Beginning Swimming	1
LFIT 111	 Lifetime Fitness: Swim Conditioning	1
LFIT 112	 Lifetime Fitness: Walking	1
LFIT 113	 Lifetime Fitness: Weight Training	1
LFIT 114	 Lifetime Fitness: Yoga and Pilates	1
LFIT 115	 Lifetime Fitness: Cycle Fitness	1
LFIT 118	 Lifetime Fitness: Flag Football	1
LFIT 128	 Lifetime Fitness: Self Defense	1
LFIT 129	 Lifetime Fitness: Downhill Skiing and Snowboarding	1
LFIT 130	 Lifetime Fitness: Soccer	1
LFIT 138	 Lifetime Fitness: Tennis	1
LFIT 140	 Lifetime Fitness: Ultimate Frisbee	1
LFIT 145	 Lifetime Fitness: Brazilian Jiu Jitsu	1
LFIT 146	 Lifetime Fitness: Sand Volleyball	1
LFIT 190	 Special Topics in Lifetime Fitness	1
LFIT 998	 Lifetime Fitness Transfer Credit	1