LIFETIME ACTIVITY PROGRAM (LAP)

# Course numbers with the # symbol included (e.g. #400) have not been taught in the last 3 years.

LAP 501 - Lifetime Activity Program
Credits: 2
The UNH Lifetime Activity Program UNH activity courses are designed to enhance the experience of UNH students of all abilities and contribute to the overall health and well-being of the UNH student population. These activity courses are motivated by the Healthy UNH goal of "Working to make UNH the healthiest campus community in the country by 2020". Courses can include a variety of learning exercises, including online modules, assigned readings, lectures, practices, games, and other methods as determined by the instructor. The same topic may be repeated once. Special Fee.
Repeat Rule: May be repeated up to unlimited times.