

HPE 255 : INTRODUCTION TO FITNESS AND WELLNESS

This course encompasses areas of fitness, fitness, nutritional health, and general wellness principles. Topics to be discussed will include but are not limited to nutrition, stress management, alcohol education, sexually transmitted diseases, food and the consumer, and physical activity. Students will also participate in a variety of lifetime activities that promote health and well-being. Offered Fall and Spring Terms.

2.000

Health and Physical Education

GEP credit.