Health & Exercise Curriculum

Through participating in Health & Exercise Science courses and programs, students will have the opportunity to:	Personal Health & Wellness HES 151	First Aid-Medical Self Help HES 152	Nutrition, Exercise, & Weight Management HES 153	Consumer Health HES 154	Coed Volleyball HES 155	Coed Basketball HES 156	Bowling HES 157	Golf HES 158	Beginning Swimming HES 159	Intermediate Swimming HES 160	Coed Water Safety and Lifesaving HES 161	Strength Training HES 162	Coed Softball HES 163	Beginning Tennis HES 164	Intermediate Tennis HES 165	Personal Defense-Karate I HES 166	Personal Defense-Karate II HES 167	Personal Defense-Kodokan Judo I HES 168	Personal Defense-Kodokan Judo II HES 169	Personal Defense-Kodokan Judo III HES 170	Beginning Soccer HES 171	Aerobic Exercise HES 172	Physical Fitness I HES 173	Physical Fitness II HES 174	Pilates I HES 175	Yoga I HES 176	Yoga II HES 177	Tai Chi HES 178	Tai Chi Intermediate HES 179	Physical Fitness & Wellness HES 180	Individual Exercise & Health HES 181	Consumer Health HES 182	Physical Fitness Testing & Prescription HES 183	Personal Trainer Certification Prep HES 184	Baseball Theory HES 185	Basketball Theory HES 186	Principles of Coaching HES 187	Sport First Aid HES 188	Advanced Golf HES 189	Elementary School Activities HES 190	Physical Fitness III HES 191	Physical Fitness IV HES 192	Special Topics in Health & Exercise Science HES 193
Develop skills necessary to perform a variety of physical activities.	R		R		I	I	I	I	I	R	R	I	I	I	R	I	R	I	R	R	I	I	I	R	I	I	R	I	R	I	I			I					R	I	R	R	I/R
Know the implications of and/or participate in physical activities for health, sport, and/or leisure pursuits	I	R	I	R	I	I	I	I	I	R		I	I	I	R	I	R	I	R	R	I	I	I	R	I	I	R	I	R	I	I	R	R	R	R	R	R	R	R	R	R	R	R	I/R
Value the contribution of positive health behaviors to well-being.	I	R	I	I	I	I	I	I	I	R	R	I	I	I	R	I	R	I	R	R	I	I	I	R	I	I	R	I	R	I	I	I	I	I	I	I	R	R	R	I	R	R	I/R
Distinguish between behaviors that foster and those that hinder well-being.	I	I	I	I	i	I	I	I	I	R		I	R	I	R	I	R	I	R	R	R	I	I	R	I	I	R	I	R	I	I	I	I	I	I	I	R	R	R	I	R	R	I/R
Adopt healthy lifestyles through informed choice.	I		I	R	I	I	I	I	I	R	R	I	R	I	R	I	R	I	R	R	R	I	I	R	I	I	R	I	R	I	I	I	I	I	I	I	R	R	R	I	R	R	I/R
Recognize the role of learning in developing the knowledge, skills, and abilities to improve and maintain well-being over the lifespan.	I	I	I	I	I	I	I	I	I	R	R	I	R	I	R	I	R	I	R	R	R	I	I	R	I	I	R	I	R	I	I	I	I	I	I	I	R	R	R	I	R	R	I/R

I = Introduced
R = Reinforced

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By S. Wolf & G. Ladd HES Faculty

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