
HEALTH, LEISURE & PHYSICAL EDUCATION

HLP 1081, Wellness Wellness

3 hrs., 2 crs.,

(Offered fall and spring). This course is designed and organized so that students of all ages, interests, physical conditions, and activity levels will become more knowledgeable of appropriate wellness and lifestyle choices. Topics covered will include but not be limited to wellness, health, flexibility and strength, cardiovascular endurance, nutrition, weight control, stress, drug and alcohol use, and related issues. There will be a lifetime recreation or lifetime fitness activity component as a part of each class. This course will count as an academic elective.