



HEALTH/WELLNESS 10, 20, 30

OVERVIEW

This exciting opportunity is ONLY available to students who have completed Personal Fitness 10. Students may register for Health & Wellness 10 in conjunction with any level of Personal Fitness 10, 20, 30 as it is directly linked to Personal Fitness learner outcomes. It is comprised of: structured physical fitness through speed & strength training and development, as well as classroom instruction. It permits students to personalize their workout regime through a variety of training methodologies.

This co-ed learning context has been purposefully designed to promote self-awareness, team building and lifelong wellness skills. As such, this course is perfect for all students interested in acquiring the skills and discipline to be healthy and active for the duration of their lives. In these courses, a desire to improve and an evolving work ethic are central to success.

You may register for one level of Health & Wellness or Personal Fitness per semester.

Health & Wellness 10 (5 CREDITS):

- Back Care Basics
- Caring for Body Systems 1
- Nutrition & Wellness
- Nature & Wellness
- Various Project Modules

Health & Wellness 20 (5 CREDITS):

- Health Care 1
- Caring for Body Systems 2
- Integrative Health
- Nutrition for Recreational Activities & Sport
- Various Project Modules

Health & Wellness 30 (5 CREDITS)

- Supporting Positive Behavior
- Governance & Leadership
- Fitness Instruction Leadership Principles
- Group Exercise Leadership
- Various Project Modules