Health and Exercise Studies (formerly Physical Education/Healthy Living)

Requirement: (2 credit hours)

- A total of two credit hours/two courses including one **Fitness and Wellness course** from the University approved GEP Health and Exercise Studies course list. (Fitness and Wellness courses are those found in the **HESF 100-level** series).
- Students have the option of taking HES courses on an S/U basis.

Rationale:

The development of attitudes and skills for a healthy life is essential to a university student's education. In addition to developing and gaining an appreciation of health-related fitness and wellness concepts and fundamental motor skills, student participation in physical activities and sport significantly decreases major health risks, reduces stress from the pressures of academic life, and improves general social and mental well-being.

Category Objectives:

Each course in the Health and Exercise Studies category will provide instruction and guidance that help students to:

1. acquire the fundamentals of health-related fitness, encompassing cardio-respiratory and cardiovascular endurance, muscular strength and endurance, muscular flexibility and body composition; and
2. apply knowledge of the fundamentals of health-related fitness toward developing, maintaining, and sustaining an active and healthy lifestyle; and
3. acquire or enhance the basic motor skills and skill-related competencies, concepts, and strategies used in physical activities and sport; and
4. gain a thorough working knowledge, appreciation, and understanding of the spirit and rules, history, safety, and etiquette of physical activities and sport.