

WELLNESS SCIENCE (WS)

WS 1031 Food, Exercise, and Body Composition

The course provides the student with the opportunity to assess their current lifestyle pertaining to the nutrients consumed in the diet and the amount and type of aerobic exercise participation. Special emphasis is placed on developing an internal locus of control by actively involving the student in self-analysis activities, developing an understanding of nutrient intake and the culminating effects on personal health, and participation in an appropriate aerobic exercise program. \$25 laboratory fee. This is an activity course. No more than four hours of activity credit may be counted toward graduation. A student registering for an activities course in excess of these limits receives no credit for the additional course and the grade is not included in the computation of grade point.

WS 1061 Muscle Fitness for Women

Structured to provide for the development of insights and practices associated with resistive activity as the student accomplishes an individually predicted level of muscle fitness. \$25 laboratory fee. This is an activity course. No more than four hours of activity credit may be counted toward graduation. A student registering for an activities course in excess of these limits receives no credit for the additional course and the grade is not included in the computation of grade point.

WS 1081 Muscle Fitness for Men

Structured to provide for the development of insights and practices associated with resistive activity as the student accomplishes an individually predicted level of muscle fitness. \$25 laboratory fee. This is an activity course. No more than four hours of activity credit may be counted toward graduation. A student registering for an activities course in excess of these limits receives no credit for the additional course and the grade is not included in the computation of grade point.

WS 1091 Fitness Walking/Jogging

The course provides the student with the opportunity to assess his or her personal physical fitness level with trained personnel. Special emphasis is placed on improving the physical fitness level of the student through participation in appropriately designed walking or jogging activity. Students who enroll in the class will submit themselves to the physical fitness protocol administered by the HPE and Wellness faculty members and upper-level majors. \$25 laboratory fee. This is an activity course. No more than four hours of activity credit may be counted toward graduation. A student registering for an activities course in excess of these limits receives no credit for the additional course and the grade is not included in the computation of grade point.