

HEALTH & PHYSICAL EDUCATION (HPE)

Occupational Wellness
HPE 220 3 Credits/Units

2.0 hours of lecture / 2.0 hours of lab

Study of wellness and work-life balance. Focusing on developing personalized behavior change strategies aimed at making progress toward optimal wellness in any occupation. Content includes time management, coping with workplace stress, building relationships with coworkers, wellness on a budget, disease prevention and injury prevention. Participating in physical activities is required. In addition to activities that improve strength, flexibility and cardiovascular fitness, other activities may include breathing, stress management, corrective exercise and lifting techniques. Fulfills the Health and Physical Education general education requirement. [GE, HPE, SE]

Wilderness Health and Safety
HPE 240 3 Credits/Units

2.0 hours of lecture / 2.0 hours of lab

Exploration of outdoor activities and how to engage in activities safely and with confidence. Focus on nutrition, exercise, logistical preparations, and overcoming common obstacles in wilderness activities including land, water, and snow sports. Engage in activities to develop cardiovascular, strength, and flexibility fitness for participation in outdoor activities. Individuals may choose hiking as the core course activity, but other options are available based on ability, access to equipment, and interest. Past experience is not necessary. [GE, HPE, SE]

Fitness-Wellness
HPE 258 3 Credits/Units

2.0 hours of lecture / 2.0 hours of lab

Exploration of the connection between fitness and health. Focusing on nutrition, stress, and developing a personalized health plan for lifelong physical activity. Participating in physical activity is required. Activities focus on improving flexibility, strength and cardiovascular fitness. [GE, HPE, SE]

Mind Body Health
HPE 266 3 Credits/Units

2.0 hours of lecture / 2.0 hours of lab

Exploration of the mind/body connection. Focusing on health, illness, healing, and developing personalized behavior change strategies to advanced health. Participating in movement activities is required. Activities may include mediation, yoga, tai chi and breathing techniques in addition to activities that improve strength and cardiovascular fitness. [GE, HPE, SE][PNP]

Selected Topics
HPE 280 1-5 Credits/Units

5.0 hours of lecture

Selected topics in Health & Physical Education. Topics vary and course theme and content change to reflect new topics. Because the course varies in content, it is repeatable for credit. Individual topics are listed in the term class schedules. [GE, SE]

Special Projects
HPE 290 1-5 Credits/Units

5.0 hours of lecture

Opportunity to plan, organize and complete special projects approved by the department. [GE]