HEALTH & PHYSICAL EDUCATION (HPE)

OCCUPATIONAL WELLNESS
HPE 220  3 Credits/Units
22 hours of lecture / 22 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. [HPE,GE,SE]

FITNESS-WELLNESS
HPE 258  3 Credits/Units
22 hours of lecture / 22 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. Fulfills the Health and Physical Education general education requirement. [HPE,SE]

MIND BODY HEALTH
HPE 266  3 Credits/Units
22 hours of lecture / 22 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 meditation, yoga, tai chi and breathing techniques in addition to activities that improve strength and cardiovascular fitness. Fulfills the Health and Physical Education general education requirement. [HPE, SE][PNP]

SELECTED TOPICS
HPE 280  5 Credits/Units
55 hours of lecture
Varying topics in Health Physical Education and sports, as listed in the term class schedule. May be repeated for credit. [SE]

SPECIAL PROJECTS
HPE 290  5 Credits/Units
Prerequisite: Consent of Instructional Unit.
Opportunity to plan, organize and complete special projects approved by the department. [GE]