

HESA - Health Exercise Aquatics (HESA)

HESA 214 Beginning Swimming (1 credit hours)

Swimming strokes and deep water skills for the non-swimmer to survive in the water.

GEP Health and Exercise Studies
Typically offered in Fall and Spring

HESA 215 Advanced Beginning Swimming (1 credit hours)

Continuation of Basic Strokes acquired in Beginning Swimming, additional new strokes, and survival skills.

Prerequisite: HESA 214 or equivalent skill
GEP Health and Exercise Studies
Typically offered in Fall and Spring

HESA 217 Survival Swimming (1 credit hours)

This course will provide NCSU students with the opportunity to learn water survival skills and techniques that will enhance their chances of survival if stranded in the water. Skills include drownproofing, underwater swimming, survival swim strokes, jumping from a height, clothing inflation techniques, and swimming through a simulated oil/debris field. These survival skills and techniques will help promote physical fitness and a healthy lifestyle.

Prerequisite: HESA 214 or equivalent skill
GEP Health and Exercise Studies
Typically offered in Fall and Spring

HESA 221 Intermediate Swimming (1 credit hours)

This course is designed to provide instruction in five basic swim strokes-front crawl (freestyle), back crawl (backstroke), breaststroke, elementary backstroke and sidestroke. Additional emphasis will be placed on increased cardiovascular fitness along with skill development in treading water, underwater swims, turns and dives.

Prerequisite: HESA 214 or equivalent skill
GEP Health and Exercise Studies
Typically offered in Fall and Spring

HESA 223 Lifeguard Training (2 credit hours)

This course is designed to provide entry-level lifeguard participants with the knowledge and skills prevent, recognize and respond to emergencies and to provide care for injuries and sudden illnesses until Emergency Medical Services (EMS) personnel arrive and take over. Optional fee assessed for certification.

Prerequisite: PE 221 or equivalent skill
GEP Health and Exercise Studies
Typically offered in Fall and Spring

HESA 226 Skin and Scuba Diving I (2 credit hours)

This course is designed for students with little or no experience, emphasizing safety and responsible skin and scuba diving techniques. Topics include the use and care of scuba equipment, diving skills, problem solving, emergency procedures, basic rescue techniques, direct and indirect effects of pressure, medical contradictions, oxygen enriched are diving, and gas management. Optional fee assessed for open-water training field trip and certification. Students must provide their own transportation for fieldtrip(s).

Prerequisite: PE 221 or equivalent skill
GEP Health and Exercise Studies
Typically offered in Fall and Spring

HESA 227 Skin & Scuba Diving II (2 credit hours)

This course will build on the knowledge and skills learned in Skin & Scuba Diving I with emphasis on diver rescue techniques. Coursework will require a deeper understanding of dive planning, dive physiology, gas management, and diving first aid. Coursework will also require a higher skill level relating to propulsion techniques, navigation, equipment handling, buoyancy control, search & recovery techniques, and diving first aid than is required in Skin and Scuba Diving I. Optional fee assessed for open water training fieldtrip and certification. Students must provide their own transportation for fieldtrip(s).

Prerequisite: HESA 226 or equivalent skills
GEP Health and Exercise Studies
Typically offered in Fall and Spring

HESA 229 Scuba Leadership (2 credit hours)

This course will provide NCSU students with the opportunity to build upon the skills learned in PE 227 and progress towards proficiency as a scuba diving leader. This course will help promote physical fitness and skill development in scuba diving, as well as an understanding of the knowledge and skills of scuba diving leadership. Participation in scuba leadership provides interested students with the opportunity to seek clarification as a scuba diving leader. Fee is assessed for required fieldtrip(s). Students must provide their own transportation for fieldtrip(s).

Prerequisite: HESA 227 or equivalent skill
GEP Health and Exercise Studies
Typically offered in Fall and Spring

HESA 231 Scientific Diving (3 credit hours)

This course covers the knowledge, skills, and diving experience necessary to plan and safely conduct scientific dives with regards to site selection, safety procedures, gas mix considerations, equipment requirements, data collection techniques, and dive team selection. These skills and techniques will help promote physical fitness and a healthy lifestyle. Successful completion of all phases of the course will qualify students for certification as a "scientific diver." This course meets American Academy of Underwater Sciences (AAUS) guidelines. Fee is assessed for required fieldtrip(s). Students must provide their own transportation for fieldtrip(s).

Prerequisite: HESA 227 or equivalent skill
GEP Health and Exercise Studies
Typically offered in Fall and Spring