

Health Exercise Studies Fitness (HESF)

HESF 100 Cross Training (2 credit hours)

This course is designed to teach and apply the principles of lifetime physical fitness, utilizing the five major components: cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition. A variety of health and wellness issues will be addressed. The components of fitness will be met through structured, individually paced cardiorespiratory activities (aerobics, cycling, and water exercise) and strength and endurance conditioning activities (core and flexibility training). This course consists of three in-person physical activity sessions per week and weekly asynchronous online supplementary activities.

GEP Health and Exercise Studies
Typically offered in Fall and Spring

HESF 101 Fitness and Wellness (1 credit hours)

This course is designed to teach and apply the principles of lifetime physical fitness, utilizing the five major components of cardio-respiratory endurance, muscular strength, muscular endurance, flexibility and body composition. A variety of health and wellness issues will be addressed. The components of fitness will be met through structured individually paced running activities as well as strength and endurance conditioning exercises.

GEP Health and Exercise Studies
Typically offered in Fall, Spring, and Summer

HESF 102 Fitness Walking (1 credit hours)

This course is designed to teach and apply the principles of lifetime physical fitness, utilizing the five major components of cardio-respiratory endurance, muscular strength, muscular endurance, flexibility and body composition. A variety of health and wellness issues will be addressed. The components of fitness will be met through structured individually paced fitness walking techniques and strength conditioning exercises.

GEP Health and Exercise Studies
Typically offered in Fall, Spring, and Summer

HESF 103 Water Aerobics (1 credit hours)

This course is designed to teach and apply the principles of lifetime physical fitness, utilizing the five major components of cardio-respiratory endurance, muscular strength, muscular endurance, flexibility and body composition. A variety of health and wellness issues are also addressed. The components of fitness will be met through structured individually paced water aerobics classes that will take place in chest deep water. Muscular strength activities could take place in or out of water.

GEP Health and Exercise Studies
Typically offered in Fall and Spring

HESF 104 Swim Conditioning (1 credit hours)

This course is designed to teach and apply the principles of lifetime physical fitness, utilizing the five major components of cardio-respiratory endurance, muscular strength, muscular endurance, flexibility and body composition. A variety of health and wellness issues will be addressed. This course covers the mechanics of a variety of strokes, training methods, training principles, safety, with swim techniques that maximize fitness gains and minimize injuries.

Prerequisite: PE 215 or equivalent skill
GEP Health and Exercise Studies
Typically offered in Fall and Spring

HESF 105 Aerobics and Body Conditioning (1 credit hours)

This course is designed to teach and apply the principles of lifetime physical fitness, utilizing the five major components of cardio-respiratory endurance, muscular strength, muscular endurance, flexibility and body composition. A variety of health and wellness issues will be addressed. The components of fitness will be met through structured individually paced aerobics classes. Muscular strength activities could take place in or out of the aerobics room.

GEP Health and Exercise Studies
Typically offered in Fall, Spring, and Summer

HESF 106 Triathlon (1 credit hours)

This course is designed to teach and apply the principles of lifetime physical fitness, utilizing the five major components of cardio-respiratory endurance, muscular strength, muscular endurance, flexibility and body composition. A variety of health and wellness issues will be addressed. The components of fitness will be met through structured individually paced swim, cycle and run training techniques. Students must be able to swim 500 yds non-stop, swim comfortably in deep water, and have proficiency in at least one of the following swim strokes: front crawl, breaststroke, and/or backstroke. Cycling activities will occur on an indoor stationary bike; run activities will occur outdoors.

Prerequisite: Intermediate swim skill
Typically offered in Fall and Spring

HESF 107 Run Conditioning (1 credit hours)

This course is designed to teach and apply the principles of lifetime physical fitness, utilizing the five major components of cardio-respiratory endurance, muscular strength, muscular endurance, flexibility and body composition. A variety of health and wellness issues will be addressed. The components of fitness will be met through structured individually paced running activities on an indoor or outdoor track, and/or a cross-country route. Muscular strength activities will occur in a weight room or incorporated during running activities.

GEP Health and Exercise Studies
Typically offered in Fall, Spring, and Summer

HESF 108 Water Step Aerobics (1 credit hours)

This course is designed to teach and apply the principles of lifetime physical fitness, utilizing the five major components of cardio-respiratory endurance, muscular strength, muscular endurance, flexibility and body composition. A variety of health and wellness issues will be addressed. The components of fitness will be met through structured individual paced water step aerobics classes that will take place in chest deep water on an aquatic exercise step. Muscular strength activities could take place in or out of the water.

GEP Health and Exercise Studies
Typically offered in Fall and Spring

HESF 109 Step Aerobics (1 credit hours)

This course is designed to teach and apply the principles of lifetime physical fitness, utilizing the five major components of cardio-respiratory endurance, muscular strength, muscular endurance, flexibility and body composition. A variety of health and wellness issues will be addressed. The components of fitness will be met through structured individually paced step aerobics classes. Muscular strength activities could take place in or out of the aerobics room.

GEP Health and Exercise Studies

Typically offered in Fall, Spring, and Summer

HESF 110 Adapted Fitness and Wellness (1 credit hours)

This course is designed to teach and apply the principles of lifetime physical fitness, utilizing the five major components of cardiorespiratory endurance, muscular strength, muscular endurance, flexibility and body composition. A variety of health and wellness issues will be addressed. The components of fitness will be met through structured individually paced aerobic, muscular strength, muscular endurance, and flexibility activities that meet the need of students with medical/physical limitations.

GEP Health and Exercise Studies

Typically offered in Fall and Spring

HESF 111 Indoor Group Cycling (1 credit hours)

This course is designed to teach and apply the principles of lifetime physical fitness, utilizing the five major components of cardio-respiratory endurance, muscular strength, muscular endurance, flexibility and body composition. A variety of health and wellness issues will be addressed. The components of fitness will be met through structured individually paced indoor group cycling classes. Muscular strength activities could take place in or out of the main classroom.

GEP Health and Exercise Studies

Typically offered in Fall, Spring, and Summer

HESF 112 Fitness Kickboxing (1 credit hours)

This course is designed to teach and apply the principles of lifetime physical fitness, utilizing the five major components of cardio-respiratory endurance, muscular strength, muscular endurance, flexibility and body composition. A variety of health and wellness issues will be addressed. Fitness kickboxing includes strikes against a heavy bag, focus mitt punching, medicine ball core exercises, running, and jumping rope. The components of fitness will be met through structured fitness kickboxing activities as well as strength and endurance conditioning exercises. Students will be required to provide boxing gloves no lighter than 12 ounces at their expense.

GEP Health and Exercise Studies

Typically offered in Fall, Spring, and Summer

HESF 113 High Intensity Conditioning (1 credit hours)

This course is designed to teach and apply the principles of lifetime physical fitness, utilizing the five major components of fitness: cardio-respiratory endurance, muscular strength, muscular endurance, flexibility and body composition. A variety of health and wellness issues will be addressed. The components of fitness will be met through structured individually paced high intensity aerobic and strength activities. High Intensity Conditioning includes plyometrics, agility drills, and running, as well as strength exercises using body weight and a variety of equipment such as dumbbells, barbells, and medicine balls. Exercises are set to various interval lengths ranging from 20-120 seconds. Use of heart rate training will be emphasized in order to differentiate between high intensity and steady state aerobic exercise.

GEP Health and Exercise Studies

Typically offered in Fall, Spring, and Summer

HESF 114 Functional Training and Proprioceptive Awareness (1 credit hours)

This course is designed to teach and apply the principles of lifetime physical fitness, utilizing the five major components of cardio-respiratory endurance, muscular strength, muscular endurance, flexibility, and body composition. A variety of health and wellness issues will be addressed. The components of fitness will be met through structured workouts consisting of low impact cardio, full body strength training, and exercises to develop proprioceptive awareness.

GEP Health and Exercise Studies

Typically offered in Fall, Spring, and Summer

HESF 115 Wellness and Resilience (2 credit hours)

This course is designed to teach undergraduate students skills for developing resilience to manage commonly experienced stressors and difficulties in college. Resilience is the ability to adapt to difficult or challenging life experiences through mental, emotional, and behavioral flexibility and adjustment to external and internal demands. Lectures, readings, discussion, and experiential learning exercises will be used to assist students in developing a personalized set of strategies and skills to optimize academic and social experiences while at NC State University and beyond. This course is also designed to teach and apply the principles of lifetime physical fitness utilizing the five major components of cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition. A variety of health and wellness issues will be addressed. The components of fitness will be met through in class and asynchronous online workouts. Refer to the online schedule of classes for specific fitness activities for the course.

GEP Health and Exercise Studies

Typically offered in Fall and Spring

HESF 120 Mindful Movement (1 credit hours)

This course is designed to teach and apply the principles of lifetime physical fitness, utilizing the five major components of cardio-respiratory endurance, muscular strength and endurance, flexibility, and body composition. A variety of health and wellness issues will be addressed. In this course, students will participate in lectures, group discussions, fitness-related movement activities, and guided meditation practices. Each week students will complete structured movement activities that guide them in developing an understanding of how to incorporate the components of fitness with modifications suitable to that individual. This is an inclusive course and is suitable for students of all movement capabilities. A portion of seats in each section are reserved for students that have limited HESF 100-level course options due to movement limitations. Students with movement limitations should contact the instructor for permission to enroll in a restricted seat.

GEP Health and Exercise Studies
Typically offered in Fall and Spring