

GEP Health and Exercise Studies

Requirement (2 credit hours)

- A total of two credit hours/two courses including one Fitness and Wellness course from the University approved GEP Health and Exercise Studies course list. (Fitness and Wellness courses are those found in the HESF 100-level series).
- Students have the option of taking HES courses on an S/U basis.
- Special Note: If a student changes a General Education course except for HES courses from a letter grade to credit-only (S/U), then the course will not satisfy the GEP requirements. Consult your academic advisor if you have questions.

Rationale

The development of attitudes and skills for a healthy life is essential to a university student's education. In addition to developing and gaining an appreciation of health-related fitness and wellness concepts and fundamental motor skills, student participation in physical activities and sport significantly decreases major health risks, reduces stress from the pressures of academic life, and improves general social and mental well-being.

Category Objectives

Each course in the Health and Exercise Studies category will provide instruction and guidance that help students to:

1. acquire the fundamentals of health-related fitness, encompassing cardio-respiratory and cardiovascular endurance, muscular strength and endurance, muscular flexibility and body composition; and
2. apply knowledge of the fundamentals of health-related fitness toward developing, maintaining, and sustaining an active and healthy lifestyle; and
3. acquire or enhance the basic motor skills and skill-related competencies, concepts, and strategies used in physical activities and sport; and
4. gain a thorough working knowledge, appreciation, and understanding of the spirit and rules, history, safety, and etiquette of physical activities and sport.

Code	Title	Hours	Counts towards
DAN 227	African Dance I	1	GK
DAN 228	African Dance II	1	GK
DAN 230	Horton Dance Technique	1	USD
DAN 234	Country Dance	1	
DAN 240	Social Dance	1	
DAN 241	Social Dance II	1	
DAN 260	Hip-hop Dance	1	USD, VPA
DAN 261	Hip-hop Dance II	1	USD
DAN 263	Tap Dance	1	
DAN 264	Ballet I	1	
DAN 265	Ballet II	1	VPA
DAN 273	Jazz Dance I	1	
DAN 274	Modern Dance I	1	

DAN 275	Modern Dance II	1	
DAN 276	Jazz Dance II	1	VPA
DAN 279	Yoga I	1	
DAN 280	Yoga II	1	
DAN 281	Pilates	1	
HES 195	Special Topics in Health and Exercise Studies	1	
HES 295	Health and Exercise Studies Special Topics GEP	1-3	
HESA 214	Beginning Swimming	1	
HESA 215	Advanced Beginning Swimming	1	
HESA 217	Survival Swimming	1	
HESA 221	Intermediate Swimming	1	
HESA 223	Lifeguard Training	2	
HESA 226	Skin and Scuba Diving I	2	
HESA 227	Skin & Scuba Diving II	2	
HESA 229	Scuba Leadership	2	
HESA 231	Scientific Diving	3	
HESF 100	Cross Training	2	
HESF 101	Fitness and Wellness	1	
HESF 102	Fitness Walking	1	
HESF 103	Water Aerobics	1	
HESF 104	Swim Conditioning	1	
HESF 105	Aerobics and Body Conditioning	1	
HESF 106	Triathlon	1	
HESF 107	Run Conditioning	1	
HESF 108	Water Step Aerobics	1	
HESF 109	Step Aerobics	1	
HESF 110	Adapted Physical Education	1	
HESF 111	Indoor Group Cycling	1	
HESF 112	Fitness Kickboxing	1	
HESF 113	High Intensity Conditioning	1	
HESF 120	Movement and Meditation	1	
HESO 253	Orienteering	1	

HESO 255	Canoeing	1
HESO 257	Backpacking	1
HESO 258	Rock Climbing 1	1
HESO 259	Rock Climbing 2	1
HESO 262	Whitewater Canoeing	1
HESO 263	Whitewater Kayaking	1
HESO 276	Whitewater Rafting	1
HESO 277	Mountain Biking	1
HESO 278	Fly-Fishing	1
HESO 283	Mountaineering	2
HESO 284	Sea Kayaking	1
HESR 242	Badminton	1
HESR 249	Tennis I	1
HESR 250	Tennis II	1
HESR 255	Pickleball	1
HESR 256	Racquetball	1
HESS 219	Gymnastics	1
HESS 235	Beginning Karate	1
HESS 237	Weight Training	1
HESS 239	Self Defense	1
HESS 243	Bowling	1
HESS 245	Golf	1
HESS 251	Target Archery	1
HESS 252	Skiing/ Snowboarding	1
HEST 216	Soccer	1
HEST 261	Basketball	1
HEST 265	Slow Pitch Softball	1
HEST 266	Ultimate Frisbee	1
HEST 267	Flag Football	1
HEST 269	Volleyball I	1
HEST 270	Volleyball II	1