

# Health Exercise Studies Fitness (HESF)

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## **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 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 aerobic activities as well as strength and endurance conditioning exercises.

*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, Spring, and Summer

## **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.

*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 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.

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*Typically offered in Fall and Spring*