The mission of the Department of Health and Exercise Studies is to foster an inclusive academic environment in which to educate and inspire students to build and sustain a healthy body and mind for lifelong productivity and wellbeing.

HES offers a variety of courses that fulfill both the undergraduate general education program (GEP) requirement and four (4) academic minors: coaching education, health, outdoor leadership, and sports science. Minor curricula immerse students deeper into the discipline as well as prepare them for industry or graduate studies.

Department Highlights:

• Both face to face and distance options for many courses
• All courses are “Think and Do” in action
• HES offers four academic minors each with a capstone practicum course providing opportunity for experiential application of the discipline
• HES encourages students to “Take 8 at State.” Take an activity course each semester during your undergraduate career to stay well in mind and body. Completing four courses earns a water bottle and all eight earns students a t-shirt.

For more information about the department, including contact information, visit our website (https://hes.dasa.ncsu.edu/).

Contact

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Plans

• Coaching Education (Minor) (http://catalog.ncsu.edu/undergraduate/university-college/health-exercise-studies/coaching-education-minor/)
• Health (Minor) (http://catalog.ncsu.edu/undergraduate/university-college/health-exercise-studies/health-minor/)
• Outdoor Leadership (Minor) (http://catalog.ncsu.edu/undergraduate/university-college/health-exercise-studies/outdoor-leadership-minor/)
• Sports Science (Minor) (http://catalog.ncsu.edu/undergraduate/university-college/health-exercise-studies/sports-science-minor/)