

Health and Fitness

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Required Health and Fitness

The LADR Health and Fitness requirement places emphasis on lifetime personal health through knowledge of nutrition, cardiovascular health, exercise, personal attitudes toward health and fitness, and lifelong fitness activities. The requirement involves a half-credit course (Lifetime Health and Fitness) and two quarter-credit classes (Applied Health and Fitness). Lifetime Health and Fitness must be completed by the end of the sophomore year. The two Applied Health and Fitness courses must be completed before winter term of the senior year.

Health and Fitness LADR– One course unit as follows:

HF 101: Lifetime Health and Fitness. Examines patterns of exercise, diet, fitness attitudes, and other issues of health, with special focus on analyzing one's own personal health patterns, designing a health plan, and evaluating health-related information. Partially satisfies HF LADR. Must be completed by the end of sophomore year. .5 credit. Fee charged.

Applied Health and Fitness

Two of the following **Applied Health and Fitness** courses may be used in partial fulfillment of the HF LADR. The two Applied Health and Fitness courses must be completed before winter term of the senior year. At least one of these must be from the **Lifetime Fitness Activities** list (all courses with a course number of HFA 050 or higher).

Varsity Sports

Students may receive one .25 unit activity credit upon satisfactorily completing one year of participation in any varsity sport. To be eligible for such credit, however, the student must register for the appropriate varsity sport course before the end of the fifth day of classes for the term. Varsity athletes are prohibited from enrolling in HFA 074 Weight Conditioning

HFA 030. Varsity Cross Country. .25 unit. Not open to students with prior credit in HFA 030.

HFA 031. Varsity Golf. .25 unit. Not open to students with prior credit in HFA 031.

HFA 032. Varsity Tennis. .25 unit. Not open to students with prior credit in HFA 032.

HFA 033. Varsity Track and Field. .25 unit. Not open to students with prior credit in PE059.

HFA 034. Varsity Baseball. .25 unit. Not open to students with prior credit in HFA 034.

HFA 035. Varsity Softball. .25 unit. Not open to students with prior credit in HFA 035.

HFA 036. Varsity Basketball. .25 unit. Not open to students with prior credit in HFA 036.

HFA 037. Varsity Football. .25 unit. Not open to students with prior credit in HFA 037.

HFA 038. Varsity Soccer. .25 unit. Not open to students with prior credit in HFA 038.

HFA 039. Varsity Volleyball. .25 unit. Not open to students with prior credit in HFA 039.

Lifetime Fitness Activities

HFA 042. Soccer. .25 unit. Not open to students with prior credit in HFA 042.

HFA 043. Volleyball. .25 unit. Not open to students with prior credit in HFA 043 or 045.

HFA 045. Sand Volleyball. .25 unit. Not open to students with prior credit in HFA 043 or 045.

HFA 050. Adapted Fitness Activities. A program of limited physical activity based on the individual's ability. Only students with a medical excuse may enroll. .25 unit. May be repeated for credit. Prerequisite: HF 101.

HFA 060. Special Topics. Prerequisite: HF 101.

HFA 066. Tennis. .25 unit. Not open to students with prior credit in HFA 066. Prerequisite: HF 101.

HFA 067. Fitness Walking. .25 unit. Not open to students with prior credit in HFA 067. Prerequisite: HF 101.

HFA 068. Fitness Running. .25 unit. Not open to students with prior credit in HFA 068. Prerequisite: HF 101.

HFA 070. Aerobic Activities. .25 unit. Not open to students with prior credit in HFA 070. Prerequisite: HF 101.

HFA 071. Beginning Tai Chi. .25 unit. Not open to students with prior credit in HFA 071. Prerequisite: HF 101.

HFA 072. Intermediate Tai Chi. .25 unit. Not open to students with prior credit in HFA 072. Prerequisite: HF 101 and HFA 071.

HFA 073. Self-Defense for Women. .25 unit. Not open to students with prior credit in HFA 073. Prerequisite: HF 101.

HFA 074. Weight Conditioning. .25 unit. Not open to students with prior credit in HFA 074. Prerequisite: HF 101. Not open to varsity athletes.

HFA 075. Racquetball. .25 unit. Not open to students with prior credit in HFA 075. Prerequisite: HF 101.

HFA 076. Racquet Sports. .25 unit. Not open to students with prior credit in HFA 076. Prerequisite: HF 101.

HFA 078. Elementary Tae Kwon Do. .25 unit. Permission of instructor. Not open to students with prior credit in HFA 078. Prerequisite: HF 101.

HFA 079. Intermediate Tae Kwon Do. .25 unit. Permission of instructor. Not open to students with prior credit in HFA 079. Prerequisite: HF 101.

HFA 082. Lifeguarding. .25 unit. Not open to students with prior credit in HFA 082. Prerequisite: HF 101.

HFA 084. Water Safety Instructor. .25 unit. Not open to students with prior credit in HFA 084. Prerequisite: HF 101.

HFA 092. Bowling. .25 unit. Not open to students with prior credit in HFA 092. Prerequisite: HF 101. Fee charged.

HFA 095. Dance and Social Games. .25 unit. Not open to students with prior credit in HFA 095. Prerequisite: HF 101.

HFA 096. Beginning Golf. .25 unit. Not open to students with prior credit in HFA 096. Prerequisite: HF 101. Fee charged.

HFA 097. Advanced Golf. .25 unit. Not open to students with prior credit in HFA 097. Prerequisite: HF 101. Fee charged.

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HF 105. Essential Movement for Elementary Children. The rationale and methodology for guiding children in motor skills and activities, including creative movement. Includes designing a program for elementary school children as well as experience in a public school. (Counts as 0.25 credit toward the HFA LADR requirement.) 0.50 unit.

HF 132. Introduction to Physical Education. Selected persistent problems traced historically and analyzed philosophically. Examination of changing concepts and challenges in the teaching and allied areas of physical education.

HF 203. Foundations of Athletic Skills. Skill development for team and individual sports. .50 unit.

HF 204. First Aid and CPR. Wounds, injuries, diabetic emergencies, bites and stings, drugs and poisoning, burns, temperature extremes, splinting, transportation, and cardiopulmonary resuscitation. .50 unit.

HF 231. Personal and Community Health. Emphasizes both the personal and community commitment toward the maintenance of health and the prevention of illness. Focus is on the development of personal lifestyles of optimal wellness over the life span. Health issues include nutrition, physical fitness, drugs, sexuality, infectious and non-infectious diseases, cancer, cardiovascular health, psychological health, consumerism, safety, environmental health, and death and dying. Prerequisite: HF 101.

HF 260. Special Topics.

HF 307. Directed Study. .50 unit

HF 322. Tests and Measurements. Philosophy of testing, measuring and evaluating; selection and administration of various knowledge and motor skill tests; and interpreting results by fundamental statistical procedures.

HF 325. Care and Prevention of Athletic Injuries. An exploration of various sports and activity related injuries. Specifically, the prevention, recognition, immediate care, and general rehabilitation of the most common and most severe sports and activity related injuries. The course will cover diagnosis of injuries, preventative taping and bracing techniques, common treatment methods, and a general conceptive understanding of general rehabilitation techniques. Prerequisite: EXS 215.

HF 360. Special Topics.

HF 370. Directed Study.