

# 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 and Team 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

**HFA 031. Varsity Golf.** .25 unit

**HFA 032. Varsity Tennis.** .25 unit.

**HFA 033. Varsity Track and Field.** .25 unit.

**HFA 034. Varsity Baseball.** .25 unit.

**HFA 035. Varsity Softball.** .25 unit.

**HFA 036. Varsity Basketball.** .25 unit.

**HFA 037. Varsity Football.** .25 unit.

**HFA 038. Varsity Soccer.** .25 unit.

**HFA 039. Varsity Volleyball.** .25 unit. .

**HFA 040. Varsity Lacrosse.** .25 unit. .

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

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

## Lifetime Fitness Activities

**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. Prerequisite: HF 101.

**HFA 067. Fitness Walking.** .25 unit. Prerequisite: HF 101.

**HFA 068. Fitness Running.** .25 unit. Prerequisite: HF 101.

**HFA 070. Aerobic Activities.** .25 unit. Prerequisite: HF 101.

**HFA 071. Beginning Tai Chi.** .25 unit. Prerequisite: HF 101.

**HFA 072. Intermediate Tai Chi.** .25 unit. Prerequisite: HF 101 and HFA 071.

**HFA 073. Self-Defense for Women.** .25 unit. Prerequisite: HF 101.

**HFA 074. Weight Conditioning.** .25 unit. Prerequisite: HF 101. Not open to varsity athletes.

**HFA 075. Racquetball.** .25 unit. Prerequisite: HF 101.

**HFA 076. Racquet Sports.** .25 unit. Prerequisite: HF 101.

**HFA 078. Elementary Tae Kwon Do.** .25 unit. Permission of instructor. Prerequisite: HF 101.

**HFA 079. Intermediate Tae Kwon Do.** .25 unit. Permission of instructor. Prerequisite: HF 101.

**HFA 084. Water Safety Instructor.** .25 unit. Not open to students with prior credit in HFA 084

**HFA 092. Bowling.** .25 unit. Prerequisite: HF 101. Fee charged.

**HFA 095. Dance and Social Games.** .25 unit Prerequisite: HF 101.

**HFA 096. Beginning Golf.** .25 unit. Prerequisite: HF 101. Fee charged.

**HFA 097. Advanced Golf.** .25 unit. Prerequisite: HF 101. Fee charged.

## Health and Fitness

**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 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 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: KIP 215.

**HF 360. Special Topics.**

**HF 370. Directed Study.**