



HEALTH AND HUMAN PERFORMANCE COURSES

<p>HHPA 112 Fitness Walking</p>	<p><i>1 semester hour.</i> Course is designed to provide students with an introductory experience, which has the potential to develop into a lifelong health/wellness activity. The student will become familiar with the contributions this regular activity can make toward development of improved fitness and a healthier lifestyle. A regular weekly walking routine and understanding of primary physiological and anatomical principles are significant byproducts of the course. Meets Health and Human Performance or elective credit requirements.*</p>
<p>HHPA 120 Lifelong Fitness</p>	<p><i>3 semester hours.</i> Students in this course will learn to think critically about their personal health and wellness in the context of Christian commitment. They will learn scientific principles of aerobic conditioning and weight training. Popular lifetime fitness activities will be introduced. Special emphasis will be placed on developing and maintaining lifestyle habits that optimize well-being. Meets Health and Human Performance or elective credit requirements.*</p>
<p>HLTH 320 Contemporary Health Issues</p>	<p><i>3 semester hours.</i> This course provides a study of our nation's current health problems and concerns. The course emphasis is on health consumerism and current trends, diseases, the sanctity of life, and fitness. The goal is for students to develop an educated view on current health issues. Meets Health and Human Performance or elective credit requirements.*</p>
<p>LACC 160 Introduction to Hiking and Backpacking</p>	<p><i>3 semester hours.</i> This course is intended to introduce students to the skills and knowledge necessary to enjoy safe hiking and backpacking experiences. Specific skills include planning and preparation, choosing equipment and clothing, navigation, meal planning, managing risk, and using the wilderness responsibly and courteously. Meets Health and Human Performance or elective credit requirements.*</p>
<p>LACC 250 Managing Stress: Mind and Body</p>	<p><i>3 semester hours.</i> This course incorporates a theoretical and experiential exploration of the causes and effects of stress physiologically and psychologically. Students will be introduced to physical, mental, and spiritual techniques to reduce stress and increase relaxation. Meets Health and Human Performance, Social Science or elective credit requirements.* Note: This course cannot be taken for credit if you have already taken HLTH 240 Stress Management.</p>
<p>LACC 285 Yoga: A Path for Physical, Mental and Spiritual Well-Being</p>	<p><i>3 semester hours.</i> Students will develop a foundation for using yoga to enhance their physical, mental, and spiritual well-being throughout the lifespan. While exploring the basics of yoga practice, history, and philosophy, students will also study modern scientific research on the practice, and how to integrate yoga into their own worldview and spirituality. Special emphasis will be given to understanding how yoga can be integrated into Christian theology, prayer, and contemplative practices. (Subject to change) Meets Health and Human Performance, Humanities, or elective credit requirements.*</p>

* DPS Classes can only meet one requirement at a time.