

# HLP: HEALTH, LEISURE, & PHYS ED

## Courses

	Credit(s)	Contact	Lab
HLP 1081C. FITNESS AND WELLNESS FOR LIFE I.	3	1	3

**FITNESS AND WELLNESS FOR LIFE I** This course will assist the student in implementing a personal fitness program by performing workouts each class in the fitness center to improve the health-related components of physical fitness including cardiovascular endurance, muscular strength and endurance, flexibility and body composition. Students will also develop an awareness that a positive healthy lifestyle can enhance quality of life and decrease risk of disease. Wellness topics covered include: nutrition, stress management, weight management and disease prevention. (Special Fee: \$28.00).

HLP 1090. MINDFULNESS BASED STRESS REDUCTION.	2	2	0
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**MINDFULNESS BASED STRESS REDUCTION** This experiential course explores the basics of developing a secular mindfulness practice in a supportive, safe environment that incorporates mindfulness meditation, gentle yoga, and inquiry to explore our lives moment by moment with curiosity and without judgement. Note: This course requires one all day (9-4) practice session in addition to weekly classes.

HLP 1093. MEDITATION FOR STRESS MANAGEMENT.	2	2	0
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**MEDITATION FOR STRESS MANAGEMENT** This experiential course is an introduction to the art and science of meditation for stress management. Topics include the benefits of meditation, meditation techniques, breath work, meditation and health, and meditation for everyday living. This course will help students find the type of meditation that is best for them enabling them to establish a personal meditation practice. This course is suitable for all students, regardless of physical limitations.

HLP 1094C. MEDITATION FOR STRESS MANAGEMENT II.	2	2	2
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**MEDITATION FOR STRESS MANAGEMENT II** Pre-requisite: HLP 1093 This experiential course is a continuation of Meditation for Stress Management I. Students will have the opportunity to review basic concepts and techniques of meditation and to reinforce their learning while strengthening their personal meditation practice. Topics include the benefits of meditation, meditation techniques, breathwork, meditation and health, and meditation for everyday living. This course is suitable for all students who meet the prerequisite, regardless of physical limitations.

HLP 2550C. CONCEPTS OF PERSONAL TRAINING.	3	2	2
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**CONCEPTS OF PERSONAL TRAINING** This course is designed to prepare students for the National Council on Strength and Fitness (NCSF) Certified Personal Training Exam. Students will learn goal-specific program design and gain the knowledge to assess, motivate, educate and train clients regarding their health and fitness needs. This class also provides hands on practical experience in a fitness setting. Completion of the NCSF personal training certification exam is optional. (Special Fee: \$33.00).

HLP 2930. SELECTED TOPICS IN HEALTH AND FITNESS.	1-3	variable	
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**SELECTED TOPICS IN HEALTH AND FITNESS** Prerequisite: Department Approval Selected topics in health and fitness as background and interests of students dictate. Multiple credit course. May be repeated for credit, provided different topics are explored. May be repeated for a maximum of 6 credits provided different topic explored each time, but grade forgiveness cannot be applied.