
COURSES

WFE 101 WELLNESS AND FITNESS EDUCATION**2 Lecture Hours 2 Lab Hours 3 Credit Hours**

This course will provide students with the necessary knowledge to make well informed decisions about lifetime wellness, fitness activities and behavior modifications. Students will learn concepts in the various components of fitness, diet and weight control, and stress management with an emphasis on health risk reduction and improving their quality of life. Through lecture/laboratory presentations, assessments and computer technology, students will apply learned concepts to the design of individualized fitness and wellness programs. In the process, students will also have the opportunity to explore and experience options in 'fitness for life' activities.

WFE 102 WELLNESS AND FITNESS (LECTURE)**2 Lecture Hours 0 Lab Hours 2 Credit Hours**

This is the lecture portion only of WFE 101. Credit for this course will be given to students who pass a proficiency test. Knowledge in this course includes the ability to make educated decisions about lifetime wellness and fitness activities. Topics covered include concepts in cardiovascular and other components of fitness; diet and weight control; and stress management with emphasis on health risk reduction and improving the quality of one's life. Education in protective behaviors will go beyond risk reduction for chronic and degenerative diseases to include abusive behaviors and sexually transmitted infections.

WFE 103 WELLNESS AND FITNESS (LAB)**0 Lecture Hours 2 Lab Hours 1 Credit Hour**

This is the lab portion only of WFE 101. This course will be only for students who have proficiency credit for WFE 102. This course will provide students with the necessary knowledge to make educated decisions about lifetime wellness and fitness activities. Using laboratory assessments and computer technology, students will be tested on concepts in cardiovascular and other components of fitness; diet and weight control; and stress management with an emphasis on health risk reduction and improving their quality of life. Students will apply learned concepts to the design of individualized fitness and nutritional programs. In the process, students will also have the opportunity to explore and experience options in 'Fitness for Life' activities as well as to evaluate commercial fitness devices and fitness centers. Adaptive students will be accommodated and are required to contact the individual instructor before class begins.

WFE 271 SPECIAL STUDY PROJECT I**1 Lecture Hour 0 Lab Hours 1 Credit Hour**

A special learning experience designed by one or more students with the cooperation and approval of a faculty member. Proposed study plans require departmental approval. Projects may be based on reading, research, community service, work experience, or other activities that advance the student's knowledge and competence in the field of wellness or fitness education, or related areas. The student's time commitment to the project will be approximately 35-50 hours.

WFE 272 SPECIAL STUDY PROJECT II**2 Lecture Hours 0 Lab Hours 2 Credit Hours**

Similar to WFE 271 except that the student's time commitment to the project will be approximately 70-90 hours.

WFE 273 SPECIAL STUDY PROJECT III**3 Lecture Hours 0 Lab Hours 3 Credit Hours**

Similar to WFE 271 except that the student's time commitment to the project will be approximately 105-135 hours.