

HEALTH & FITNESS (HPE)

HPE-295 Health & Fitness for Life

3 credits, Fall/Winter/Spring

This course explores interaction of the nine dimensions of wellness (health). All of the related assignments are online. Students will assess their level of the health related components of fitness and develop an exercise plan for maintenance/improvement. Students are expected to spend a minimum of 3 hours per week exercising. Related topics include: nutrition, stress reduction, relaxation techniques, goal setting, and weight control.

Recommended: A completed physical by a doctor

HPE-295ES Salud y aptitud física para la vida

3 credits, Fall/Winter/Spring

Este curso analiza la interacción entre las nueve dimensiones del bienestar (la salud). Todas las tareas relacionadas se realizan en línea. Los estudiantes evaluarán su nivel de los componentes de la aptitud física relacionados con la salud y desarrollarán un plan de ejercicios para mantener o mejorar dicha aptitud física. Se espera que los estudiantes hagan ejercicio 3 horas a la semana como mínimo. Los temas relacionados incluyen lo siguiente: nutrición, reducción del estrés, técnicas de relajación, fijación de metas y control del peso.

Recommended: Examen físico realizado por un médico

HPE-296 Health and Fitness for Criminal Justice

3 credits, Winter

This course provides students the knowledge and understanding of the interacting influence of physical fitness and health in all dimensions of wellness. Explores understanding and managing the stressors experienced by law enforcement and corrections personnel. Students will be prepared to complete the Oregon Physical Abilities Test (ORPAT), required by Oregon law enforcement and corrections academies.