WELLNESS (WELL)

WELL 1001. Team Sports I. (1 Credit)
Basic skills are provided in the sports of basketball and volleyball. Cardiovasular conditioning is stressed. Offered: Fall, Spring.

WELL 1007. Aquatics I. (1 Credit)
This course is designed for the non-swimmer and novice. The course will address basic swimming techniques, safety and aqua aerobics. Emphasis is placed on improving overall cardiovascular efficiency and acquiring survival skills. Offered: Fall, Spring.

WELL 1105. Strength Training I. (2 Credits)
Involves strength training through a circuit of isotonic exercise using barbells, dumbbells, and a selection of fixed/variable resistance machines. Cover muscles of the body, types of muscular contractions, and principles of strength training. Includes orientation to the fitness center. Prerequisite: None. Offered: Fall, Spring, Summer.

WELL 1106. Walk, Jog, Run. (2 Credits)
Involves cardiovascular training through endurance walking, jogging, or running. Includes information on why such training is needed, how it is accomplished, and what results can be expected. Prerequisite: None. Offered: Fall, Spring, Summer.

WELL 1122. Basketball I. (1 Credit)
An introduction to the fundamental skills & knowledge necessary to play basketball. Includes instruction in passing, dribbling, shooting, basic strategies, & rules. Prerequisites: None. Offered: Fall, Spring, Summer.

WELL 1126. Tennis I. (1 Credit)
An introduction to the fundamental skills and knowledge necessary to play tennis. Includes instruction on the forehand, backhand, serve, basic strategies and rules. Prerequisite: None. Offered: Fall, Spring, Summer.

WELL 1161. Fitness I. (2 Credits)
Discussion of the four major components of fitness: cardiovascular endurance, muscular strength and endurance, flexibility, and body composition. Prerequisite: None. Offered: Fall, Spring, Summer.

WELL 1187. Yoga I. (1 Credit)
A course designed to teach the student the various styles & techniques involved of yoga. Prerequisite: None. Offered: Fall, Spring, Summer.