WELLNESS (WELL)

WELL 1001. Team Sports I. (1 Credit)
Basic skills are provided in the sports of basketball and volleyball.
Cardiovascular conditioning is stressed.

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.

WELL 1215. Survival Skills I. (1 Credit)
This course is designed to teach and apply the basic concepts needed to prevent a survival scenario or survive one, including: water sources and purification, shelter building, fire building, map and compass navigation, and first aid. Prerequisite: None. Offered: Fall, Spring.

WELL 1206. Walk, Jog, Run. (2 Credits)
This course focuses on cardiovascular endurance, muscle conditioning, and flexibility development. Continuous exercise is combined with music. Emphasis is placed on improving overall cardiovascular efficiency and strengthening the "core" or "powerhouse" of the body. Prerequisite: None. Offered: Fall, Spring.

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

WELL 1132. Lifeguard Training. (2 Credits)
Designed to teach fundamental skills and knowledge necessary to save one's own life or the life of another in the event of an aquatics emergency. Student can qualify for Red Cross certification through this course. Prerequisite: Swim Test. Offered: On demand.

WELL 1148. Archery I. (1 Credit)
An introduction to self defense including striking skills and Jiujitsu. An emphasis is on avoidance, defensive strategies, and basic escape maneuvers for self protection. Prerequisite: None. Offered: On demand.