

ESS 100 : Personal Health and Wellness

This course is an introduction to concepts and applications of lifetime personal health and wellness. Topics covered include components of fitness, cardiovascular disease and risk factors, nutrition, weight management, relaxation techniques, sexual health and sexually transmitted diseases, ergogenic aids and substance abuse. The course includes practical applications of certain topics through activities such as fitness testing, circuit training, weight training and aerobic training. Students will be required to commit to a weekly exercise program as well as commit to working on a second realm of wellness.

Credits 4

Semester Offered

Offered fall and spring