

Health

351-3 Principles of Health and Fitness for Children. (3-0) A survey of the essential knowledge and skills of health and physical education as they relate to children ages 6-14. Included will be skills related to personal health and safety, physical fitness, motor development, games and sports, gymnastics, and rhythmic activities. Prerequisite: Junior classification or approval of department head.

In course descriptions, the digit following the course number is the number of semester credit hours. For example, ENGL 111-3 is a freshman level course worth 3 semester hours of credit. The numbers in parentheses following the course number (for example, 3-2) indicate the number of clock hours per week devoted to theory and practice, respectively. (WI) indicates that sections of this course will be offered as writing intensive.