## HEALTH AND WELLNESS COURSES

These courses have been approved as General Education Health and Wellness courses, previously known as Health and Physical Activity (GHA). This course list is updated periodically. Descriptions and learning criteria for General Education Health and Wellness courses can be found in the Foundation and Knowledge Domains section (https://bulletins.psu.edu/undergraduate/general-education/domains/).

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<td>Drugs, Behavior, and Health</td>
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<td>Improv Theater, Curriculum &amp; Instruction</td>
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<td>Introduction to Child Maltreatment and Advocacy Studies</td>
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<td>Consumer Choices in Health Care</td>
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<td>Introduction to Outdoor Pursuits</td>
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<td>Snowsports: Downhill Skiing</td>
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<td>First Aid &amp; Safety, CPR/AED</td>
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<td>Ballroom Dance</td>
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<td>Lifeguarding</td>
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<td>History and Practice of Martial Arts</td>
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<td>Personal Defense</td>
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<td>Fitness Theory and Practice</td>
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<td>Aerobic Dance</td>
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<td>Wellness Theory</td>
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<td>Action Methods for Stress Management</td>
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<td>Varsity Sport Experience</td>
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<td>Indoor Team Sports</td>
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