

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 (<http://bulletins.psu.edu/undergraduate/general-education/domains>).

| Code | Title | Credits |
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| ASIA 106N | Asian Traditions of Health, Medicine, and the Body | 3 |
| BBH 48 | Values and Health Behavior | 1.5 |
| BBH 101 | Introduction to Biobehavioral Health | 3 |
| BBH 101H | Introduction to Biobehavioral Health | 3 |
| BBH 119 | Behavior, Health, and Disease | 3 |
| BBH 130 | Strategies for Addressing the Obesity and Diabetes Epidemics | 3 |
| BBH 143 | Drugs, Behavior, and Health | 3 |
| BBH 146 | Introduction to Health and Human Sexuality | 3 |
| BBH 150N | Safe and Sound: The Intersection of Criminal Justice and Public Health | 3 |
| BBH 197J | Special Topics - InterDomain | 3 |
| BIOL 160N | Fitness with Exercise Physiology | 3 |
| CE 254 | Personal Occupational Safety | 3 |
| CRIMJ 150N | Safe and Sound: The Intersection of Criminal Justice and Public Health | 3 |
| CSD 100 | Preventing Vocal Abuse, Misuse, and Disorders | 3 |
| CSD 101 | Preventing Hearing Loss | 1.5 |
| DANCE 170 | Conditioning for Dancers | 1.5 |
| DANCE 270 | Introduction to Bartenieff Fundamentals | 3 |
| ENGL 197K | Special Topics - InterDomain | 3 |
| FDSC 105 | Food Facts and Fads | 3 |
| HDFS 108N | Art and Science of Human Flourishing | 3 |
| HDFS 210Z | Ethnicity, Health and Aging | 3 |
| HDFS 249N | Adult Development and Aging | 3 |
| HPA 57 | Consumer Choices in Health Care | 3 |
| KINES 1 | Introduction to Outdoor Pursuits | 1.5-3 |
| KINES 1Z | Introduction to Outdoor Pursuits -LINKED | 1.5-3 |
| KINES 4 | Principles of Fly Tying and Fly Fishing for Trout | 1.5 |
| KINES 6 | Cycling | 1.5 |
| KINES 10 | Indoor Rock Climbing | 1.5 |
| KINES 10A | Lead Rock Climbing | 1.5 |
| KINES 11 | Basic Downhill Skiing | 1 |
| KINES 11A | Intermediate Downhill Skiing | 1 |
| KINES 12 | Snowboarding | 1 |
| KINES 13 | First Aid, Personal Safety, and CPR | 1 |
| KINES 17 | Ballroom Dance | 1.5 |
| KINES 20 | Modern Dance | 1.5 |
| KINES 24 | Introduction to Lifetime Sports | 1.5 |
| KINES 25 | Introduction to Court Sports | 1.5 |
| KINES 26 | Archery/Indoor Outdoor | 1.5 |
| KINES 27 | Badminton 1 | 1.5 |
| KINES 28 | Fencing I | 1.5 |
| KINES 29 | Golf I | 1-1.5 |
| KINES 29A | Golf II | 1.5 |
| KINES 41 | Handball | 1.5 |
| KINES 42 | Ice Skating--Beginning | 1.5 |
| KINES 42A | Ice Skating--Advanced Beginning | 1.5 |
| KINES 42B | Ice Skating--Intermediate/Advanced | 1.5 |
| KINES 43 | Power Skating | 1.5 |
| KINES 44 | Racquetball I | 1.5 |
| KINES 45 | NAUI Basic Scuba | 1.5 |
| KINES 46 | Squash I | 1-1.5 |
| KINES 47 | Beginning Swimming | 1.5 |
| KINES 47A | Advanced Beginner Swimming | 1.5 |
| KINES 47B | Intermediate Swimming | 1.5 |
| KINES 48 | Tennis I | 1.5 |
| KINES 54 | Aikido | 1.5 |
| KINES 56 | Introduction to Martial Arts | 1.5 |
| KINES 57 | Personal Defense | 1.5 |
| KINES 58 | Judo I | 1.5 |
| KINES 59 | Introduction to Karate | 1.5 |
| KINES 61 | Fitness Theory and Practice | 3 |
| KINES 61S | Fitness Theory and Practice | 3 |
| KINES 62 | Introduction to Cardiovascular Activities | 1.5 |
| KINES 63 | Aerobic Dance | 1.5 |
| KINES 65 | Lifetime Jogging | 1.5 |
| KINES 67 | Physical Conditioning | 1.5 |
| KINES 68 | Strength Training | 1.5 |
| KINES 70 | Swim Conditioning | 1.5 |
| KINES 72 | Fitness Walking | 1-1.5 |
| KINES 76 | Introduction to Tai Chi Ch'uan | 1.5 |
| KINES 77 | Yoga 1 | 1.5 |
| KINES 77A | Advanced Yoga | 1.5 |
| KINES 81 | Wellness Theory | 3 |
| KINES 82 | Action Methods for Stress Management | 3 |
| KINES 83 | Exercise for Stress Management | 1.5 |
| KINES 84 | Fitness for Life | 1.5-3 |
| KINES 88 | Varsity Sport Experience | 2 |
| KINES 89 | Wilderness Experience | 3 |
| KINES 90 | Introduction to Team Sports/Indoor | 1-1.5 |
| KINES 90A | Introduction to Team Sports/Indoor - Volleyball | 1.5 |
| KINES 90B | Introduction to Team Sports/Indoor - Basketball | 1.5 |
| KINES 90C | Introduction to Team Sports/Indoor - Team Handball | 1.5 |
| KINES 91A | Introduction to Team Sports/Outdoor - Soccer | 1.5 |
| KINES 91C | Introduction to Team Sports/Outdoor - Rugby | 1.5 |
| KINES 91D | Introduction to Team Sports/Outdoor-Ultimate Frisbee | 1.5 |
| KINES 93 | Masters Activity (Sport) | 1.5-12 |
| KINES 96 | Independent Study in Physical Activity | 0.5-3 |
| KINES 160N | Fitness with Exercise Physiology | 3 |
| KINES 303 | Emergency Care - First Aid/Safety/AED | 3 |
| NURS 203 | First Aid and CPR | 3 |

2 *Health and Wellness Courses*

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| NURS 407 | Drugs of Abuse and Mental Health Issues | 3 |
| NUTR 100 | Nutrition Applications for a Healthy Lifestyle | 3 |
| NUTR 175 | Healthy Food for All: Factors that Influence What we Eat in the US | 3 |
| NUTR 175Z | Healthy Food for All: Factors that Influence What we Eat in the US - LINKED | 3 |
| NUTR 251 | Introductory Principles of Nutrition | 3 |
| RPTM 1 | Introduction to Outdoor Pursuits | 1.5-3 |
| RPTM 1Z | Introduction to Outdoor Pursuits -LINKED | 1.5-3 |
| STS 105 | Food Facts and Fads | 3 |
| VBSC 130 | Understanding Human Disease | 3 |