

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/>).

Code	Title	Credits
AA 130N	Creative Arts Therapy Applications	3
ASIA 106N	Asian Traditions of Health, Medicine, and the Body	3
BBH 101	Introduction to Biobehavioral Health	3
BBH 101H	Introduction to Biobehavioral Health	3
BBH 102S	Values, Health, & Academic Success	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 458	Critical Feminist Issues in Reproduction	3
BIOL 160N	Fitness with Exercise Physiology	3
CI 105N	Improv Theater, Curriculum & Instruction	3
CMAS 258N	Introduction to Child Maltreatment and Advocacy Studies	3
CRIMJ 150N	Safe and Sound: The Intersection of Criminal Justice and Public Health	3
CSD 100	Preventing Vocal Abuse, Misuse, and Disorders	3
DANCE 170	Dance Conditioning	1.5
DANCE 270	Introduction to Bartenieff Fundamentals	3
DANCE 270Z	Introduction to Bartenieff Fundamentals	3
DANCE 405	Conditioning, Self-Defense, and Combat for Theatre	3
ENGL 161N	The Pursuit of Happiness in American Life: Historical Literature and Modern Practice	3
FDSC 105	Food Facts and Fads	3
HDFS 101N	Helping People: Introduction to Understanding Social Problems & How to Help	3
HDFS 108N	Art and Science of Human Flourishing	3
HDFS 210Z	Ethnicity, Health and Aging	3
HDFS 215N	Global health and families	3
HDFS 249N	Adult Development and Aging	3
HDFS 258N	Introduction to Child Maltreatment and Advocacy Studies	3
HIST 162N	The Pursuit of Happiness in American Life: Historical Literature and Modern Practice	3
HM 208	Social, Cultural, and Health Influences of Alcohol	1.5
HM 209	Alcohol & Cuisine: Culture & Responsible Service	1.5
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	Cycle Conditioning	1.5-3
KINES 10	Techniques in Rock Climbing	1.5
KINES 10A	Lead Rock Climbing	1.5
KINES 11	Snowsports: Downhill Skiing	1.5
KINES 12	Snowsports: Snowboarding	1.5
KINES 13	First Aid & Safety, CPR/AED	1.5
KINES 17	Ballroom Dance	1.5
KINES 20	Modern Dance	1.5
KINES 24	Lifetime Sports	3
KINES 25	Introduction to Court Sports	1.5
KINES 27	Badminton	1.5
KINES 29	Golf I	1-1.5
KINES 29B	Total Golf	1.5-3
KINES 29C	Total Golf in Pennsylvania	3
KINES 42	Ice Skating	1.5
KINES 44	Racquetball I	1.5
KINES 45	NAUI Basic SCUBA	1.5
KINES 46	Squash I	1-1.5
KINES 47A	Beginning Swimming	1.5
KINES 47B	Intermediate Swimming	1.5
KINES 48	Tennis I	1.5
KINES 50	Lifeguarding	3
KINES 53N	History and Practice of Martial Arts	3
KINES 56	Introduction to Martial Arts	1.5
KINES 57	Personal Defense	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	Resistance Training	1.5
KINES 70	Swim Conditioning	1.5
KINES 72	Walking for Fitness	1.5
KINES 76	Introduction to Tai Chi Ch'uan	1.5
KINES 77	Yoga for a Lifetime	1.5
KINES 77A	Advanced Yoga Practice	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 84Z	Fitness for Life - Linked	3
KINES 88	Varsity Sport Experience	1.5-3
KINES 89	Wilderness Experience	3
KINES 90	Indoor Team Sports	3
KINES 90A	Introduction to Team Sports/Indoor - Volleyball	1.5
KINES 90B	Introduction to Team Sports/Indoor - Basketball	1.5
KINES 91A	Introduction to Outdoor Team Sports-Soccer	1.5
KINES 91D	Introduction to Outdoor Team Sports - Ultimate	1.5
KINES 92	Personal Fitness and Wellness	0.5-3
KINES 93	Enhancing Mastery in Physical Activity	1.5-3

2 Health and Wellness Courses

KINES 160N	Fitness with Exercise Physiology	3
KINES 222N	Science and Politics of the Female Athlete	3
KINES 303	Emergency Recognition and Care with BLS CPR	3
KINES 405N	Bicycling Culture and Urban Design	3
LARCH 405N	Bicycling Culture and Urban Design	3
NURS 203	First Aid and CPR	3
NURS 325N	Health and Environmental Sustainability	3
NURS 407	Drugs of Abuse and Mental Health Issues	3
NURS 464	Dying and Death	3
NUTR 100	Nutrition Applications for a Healthy Lifestyle	3
NUTR 144	Our Plates: Exploring Food and Healthy Eating Patterns Through Cooking	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
PHIL 137N	Introduction to Philosophy through Health and Sport	3
PLSC 222N	Science and Politics of the Female Athlete	3
PUBPL 222N	Science and Politics of the Female Athlete	3
RHS 226	College Student Mental Health and Wellness	3
RPTM 1	Introduction to Outdoor Pursuits	1.5-3
RPTM 1Z	Introduction to Outdoor Pursuits -LINKED	1.5-3
RPTM 140	Outdoor School Field Experience	2
RPTM 280	Wilderness First Aid	1
SCIED 140	Outdoor School Field Experience	2
SOC 150N	Healthy People, Healthy Society	3
SOC 258N	Introduction to Child Maltreatment and Advocacy Studies	3
STS 105	Food Facts and Fads	3
SUST 325N	Health and Environmental Sustainability	3
VBSC 130	Understanding Human Disease	3
WMNST 458	Critical Feminist Issues in Reproduction	3