

EXERCISE SCIENCE - ACTIVITIES (EXHA)

QUICK FACTS: EXHA COURSES

- **Instructional School:** Health
 - **Department:** Health Science
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EXHA 102 Couch to 10K

(1 Credit, Varies)

This course is designed to train and prepare students to run/walk a 10K. Students will engage in weekly goal setting focused on a variety of run/walk experiences for fun and cardiovascular improvement. Emphasis will be placed on body mechanics and identification of concepts intended to foster a lifelong enjoyment of running/walking. This course is designed for all ages and fitness levels; it may be repeated once for a maximum of two credits. (Pass/No Pass) (0 lecture hours, 2 lab hours, 1 credits)

EXHA 103 Stress Management

(1 Credit, Varies)

This course is a holistic approach to one of the largest issues in the modern world, stress management. In this course, students learn how to utilize both cognitive coping skills and a host of relaxation techniques with the intention to prevent and/or alleviate the physical and psychological symptoms of stress. The course is composed of both theoretical and experiential learning through a series of class exercise techniques. (Pass/No Pass) (0 lecture hours, 2 lab hours, 1 credits)

EXHA 104 Stay Active, Live Well!

(1 Credit, Varies)

This course will challenge students of all ages and activity levels to improve their personal fitness in order to enhance their overall health and wellness. It is designed for students who seek an introduction to physical fitness and wellness experiences and will focus on providing useful information to students on the topics of behavior change and exercise planning, which will be used to create a semester-long plan to improve physical fitness. This course may be repeated once for a maximum of two credits. (Pass/No Pass) (0 lecture hours, 2 lab hours, 1 credits)

EXHA 105 Walking for Health and Fitness

(1 Credit, Varies)

This course is designed to help guide students through a personal activity level change by incorporating a regular walking regimen into their lives. Students will learn how to set up personal goals, structure a walking program, evaluate their gains, and make appropriate changes to their activity plan. This course is appropriate for all ages and levels of fitness; it may be repeated once for a maximum of two credits. (Pass/No Pass) (0 lecture hours, 2 lab hours, 1 credits)

Refer to [How to Read Course Descriptions](#) for an explanation of elements found in the course descriptions above.