New Wellness Classes for Fall 2015

* as an elective or as core courses for the new proposed 
   *Exercise and Wellness Certificate*

❖ FAW 182 Healthy Living and Wellness

Promotion of self-awareness of our daily lifestyle choices which impact our health and well-being. Includes dynamic alignment training, assessment training, wellness model, nutrition, somatic training, relaxation techniques, and self-care techniques.

CRN = 13916, FSSC 106, 3 credits

Th 6:10-8:50pm

❖ FAW 184 Health, Wellness, and Physical Activity

Development of skills for personal lifestyle changes that promote health, wellness, and fitness over a lifetime. Includes physical activity, special considerations, nutrition, body composition, stress, and health.

CRN = 13917, FSSC 103, 3 credits

MW 1:10-2:25pm

These health and wellness classes would be valuable for:

- Fitness Professional students
- Athletes
- Coaches
- Students of any major
- Employees
- Students interested in proposed *Exercise and Wellness Certificate*
  (22 credits, some required classes overlap with Fit Pro Cert)