What are Health and Physical Activity courses for?

Courses in the Health and Physical Activity area focus on the theory and practice of life span wellness and fitness activities, and on the knowledge, attitudes, habits, and skills needed to live well. [\n]

[extend]

The courses include such diverse topics as diet, exercise, stress management, the wise use of leisure time, alcohol consumption and drug use, sexual health awareness, and safety education. [\n]

Courses may be knowledge-focused (about aspects of the biological, social, and behavioral aspects of healthful living) or practice-focused (emphasize attitudes, habits, and skills needed to engage in healthful living and can include traditional dance, exercise, and sport activity classes) or integrated in any manner. [\n]

[/extend]