

WELL - Wellness Courses

WELL 1000 *Wellness (3-0-3)*

A lecture/activity course that integrates the physical, mental, social, and environmental aspects of wellness. Healthy lifestyle choices are encouraged through education and fitness wellness assessment. NOTE: This course does not count as a 1-hour activity elective.

WELL 1010-1199 Individual/Dual Activities

- 1010 Badminton/Table Tennis (0-2-1)
- 1011 Badminton (0-2-1)
- 1012 Beginning Golf (0-2-1)
- 1013 Advanced Golf (0-2-1)
- 1014 Bowling (0-2-1)
- 1015 Stunts and Tumbling (0-2-1)
- 1016 Track and Field (0-2-1)
- 1017 Pickleball (0-2-1)
- 1018 One Wall Handball (0-2-1)
- 1019 Tennis (0-2-1)
- 1020 Advanced Tennis (0-2-1)
- 1021 Downhill Snow Skiing (0-2-1)
- 1022 Rock Climbing/Orienteering (0-2-1)
- 1023 Hiking, Backpacking, and Camping (0-2-1)
- 1024 Yoga (0-2-1)
- 1025 Tai Chi (0-2-1)
- 1026 Self Defense (0-2-1)
- 1027 Ice Skating (0-2-1)
- 1028 Orienteering (0-2-1)

WELL 1201-1299 Team Sports

- 1201 Basketball (0-2-1)
- 1202 Soccer(0-2-1)
- 1203 Softball(0-2-1)
- 1204 Flag Football (0-2-1)
- 1206 Team Handball (0-2-1)
- 1207 Grass Volleyball (0-2-1)
- 1208 Wallyball (0-2-1)
- 1209 Volleyball (0-2-1)
- 1210 Ice Hockey (0-2-1)

WELL 1300-1399 Rhythmic Activities

- 1301 Social/Folk Dance (0-2-1)
- 1302 Square/Country Line Dance (0-2-1)
- 1303 Creative Movement (0-2-1)

WELL 1400-1500 Aquatics

- 1400 Beginning Swimming (0-2-1)
- 1401 Fitness Swimming (0-2-1)
- 1402 Diving (0-2-1)
- 1403 Lifeguard Certification (0-2-1)
- 1404 Water Safety Instructor (WSI) (0-2-1)
- 1405 Water Polo (0-2-1)

- 1406 Canoeing (0-2-1)
- 1407 Beginning Scuba (0-2-1)
- 1408 Advanced Scuba (0-2-1)
- 1409 Swimming for Non-Swimmers (0-2-1)

WELL 1501-1599 Fitness Activities

- 1501 Aquacise (0-2-1)
- 1502 Step Bench (0-2-1)
- 1503 Aerobic Dance (0-2-1)
- 1504 Body Shaping (Women) (0-2-1)
- 1505 Body Building (Men) (0-2-1)
- 1506 Weight Training (0-2-1)
- 1507 Jogging (0-2-1)
- 1508 Fitness (0-2-1)
- 1528 Bicycling (0-2-1)

WELL 1600-1699 Special Activities

- 1601 Adapted Swimming Instruction (0-2-1)
- 1699 Selected Topics (0-2-1)