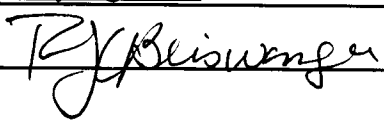


LAPC / HHP

Shared Governance Approval: 4/23/10; 4/29/11; 9/28/12

Spring 2010 Spring 2011 Fall 2012 Fall 2014

HHP 100	Introduction to Health	35	40		32
HHP 101	Health & The Environment (NEW)	35	40		32
HHP 102	Intro to Fitness and Wellness		30	40	32
HHP 103	Nutrition in Exercise and Performance		30	40	32
HHP 104	Concepts of Fitness		30	40	3032
HHP 121	Topics in Aerobic Conditioning	20	25		
HHP 122	Topics in Mind/Body Fitness	20	25		
HHP 123	Topics in Strength Training	20			
HHP 124	Topics in Lifetime Fitness Activities	20	25		
HHP 126	Topics in Aerobic Conditioning - Cycling		10	20	
HHP 127	Topics in Mind/Body Fitness (Pilates)		25		
HHP 128	Topics in Mind/Body Fitness (Yoga)		25		
HHP 205	Drug Education	35	40		32
HHP 210	Stress Management		40		32

<u>Faculty Name</u>	<u>Faculty Signature</u>	<u>Date</u>
X Ramona Beiswanger		11/1/13
Other		
Other		

<u>Dean's Name</u>	<u>Dean's Signature</u>	<u>Date</u>
Brian Fors		11/1/13