

# GENERAL PHYSICAL EDUCATION & HEALTH (PEH)

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## PEH-111 Personal Wellness (3)

Emphasizes the importance of personal responsibility in health and wellness. Focuses on personal decision making in cardiovascular fitness, muscular fitness, nutrition and weight control, as well as aging and health. Reinforces improvement and maintaining quality of life through health and healthy decisions. Arts & Sciences Elective Code: A  
*Hours per week:* 3.0 lecture

## PEH-155 Exercise Psychology (3)

Provides an overview of the theories and practices related to engagement in physical activity. Emphasizes motivational theories of behavior and behavioral changes as they relate to exercise and health. Arts & Sciences Elective Code: A  
*Hours per week:* 3.0 lecture

## PEH-160 Fundamentals of Health Coaching (3)

Reviews health coaching and its relevance in today's health care industry. Includes information on coaching psychology, insight on weight management psychology, the physiology of obesity, techniques for lifestyle coaching, and the relationship between exercise and nutrition for weight control. Arts & Sciences Elective Code: A  
*Hours per week:* 3.0 lecture

## PEH-165 Introduction to Complementary and Alternative Medicine (3)

Discusses the most commonly used complementary and alternative medicine modalities in the U.S. Focuses on the five domains of complementary and alternative medicine: alternative medical systems (traditional Chinese medicine, ayurveda, homeopathy, naturopathy), mind-body medicine (techniques designed to facilitate the mind's capacity to affect the physical body's functions in health and illness, such as meditation and yoga), manual therapies (massage, chiropractic), energy-based therapies (biofeedback, acupuncture), and biologically-based therapies (herbal medicine, dietary supplements). Arts & Sciences Elective Code: A  
*Hours per week:* 3.0 lecture

## PEH-170 Principles of Weight Training (3)

Reviews the anatomical and physiological processes of muscle growth and development, and the effects of strength training on those processes. Introduces fundamental principles and techniques of strength training, and applies those principles toward personal fitness development and development of programs for health and performance. Arts & Sciences Elective Code: A  
*Hours per week:* 3.0 lecture

*Prerequisite:* Minimum C- in EXS-120 or BIO-168.

## PEH-191 Sports Nutrition (3)

Examines nutrition's effect on health and human performance, including the study of supplementation and specific diets. Focuses on the role of nutrition in disease prevention, special population activity and general performance enhancement. Arts & Sciences Elective Code: A  
*Hours per week:* 3.0 lecture

## PEH-255 Principles of Sports Management (3)

Provides an overview of the theories and practices related to management and leadership in the fitness and sports industries. Arts & Sciences Elective Code: A  
*Hours per week:* 3.0 lecture

## PEH-270 Exercise Prescription for Special Populations (3)

Provides practical information on exercise for people with special diseases and disabilities. Discusses each unique condition, effects of the condition on the exercise response, effects of exercise training on the condition, and recommendations for exercise testing and programming. Arts & Sciences Elective Code: A  
*Hours per week:* 3.0 lecture

## PEH-924 Honors Project (1)

Allows a qualified honors student to pursue a special concentration of study under the guidance of a faculty member. Requires completion of an honors project contract. May be taken more than once. Arts & Sciences Elective Code: A; Comments: Permission of instructor and dean  
*Hours per week:* 1.0 lecture

## PEH-928 Independent Study (1-3)

Allows the student to pursue a special concentration of study under the guidance of a faculty member. Requires an independent study contract. Arts & Sciences Elective Code: A; Comments: Requires approval of supervising faculty member and dean  
*Hours per week:* 2.0 lab