

# HEALTH, LEISURE & PE (HLP)

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**HLP 1081 Health Analysis and Improvement****Credit Hours:** 2

Students will become aware of their current health/fitness and will be provided a practical program to obtain and maintain optimal health and fitness. Analysis of current health status will be provided through a series of evaluation techniques. The student will be assisted in developing a fitness profile and a plan for healthy lifestyle modifications.

**HLP 2948 Service-Learning Field Studies 1****Credit Hours:** 1

This course gives the student the opportunity to understand the relationship of theory to practice through participation in a service-learning experience. Students are required to complete 20 hours of volunteer work, a service-learning contract, and an oral and written reflection of the experience.