WELLNESS REQUIREMENT
All candidates for the baccalaureate degree must satisfactorily complete one semester credit in wellness theory courses and one semester credit in physical activity courses. The requirement is designed to provide students with a comprehensive exposure to wellness. Courses numbered Kins 101-184 may be used to satisfy the physical activity requirement. The courses which satisfy the wellness theory requirement are listed below. Kins 186 satisfies both the physical activity and wellness theory requirement.

The one required credit in physical activity courses is counted in the minimum total of 120 credits for graduation. Additional credits may be earned in physical activity courses but may not be counted toward the minimum total of 120 credits for graduation (see Kinesiology and Athletics for exceptions).

The Department of Kinesiology and Athletics provides adaptations in physical activity courses for students who have a medical excuse from a physician and approval of the Student Health Service. Students who have completed basic training/boot camp for the military will be awarded one credit of physical activity. Evidence should be provided through presentation of military identification, a transcript from the American Council on Education (ACE) Registry showing completion of the Basic Combat Training Course, or discharge papers (D. D. 214) to the Registrar’s Office.

(2013-14 Undergraduate Catalog pages 42-43)