



## PHYSICAL EDUCATION, HEALTH, AND WELLNESS DIVISION

### MISSION

The mission of the Physical Education, Health, and Wellness Division is to provide courses for students seeking a degree, students desiring courses for personal benefit and enrichment, and those striving to attain a lifestyle of physical fitness and wellness. The mission strives to reach the campus community as well as the community-at-large.

The focus of the course offerings is to engage individuals in behaviors that develop optimal health and fitness and thereby enhance quality of life. A major focus of the programs is physical fitness. Fitness involves the ability to carry out daily tasks, develop cardiovascular conditioning, muscular strength, maintenance of proper nutrition, and proper body fat control. Students are encouraged to invest in positive lifestyle habits that promote health. Social and emotional health is enhanced by interaction with peers and intellectual abilities are stimulated through educational courses and seminars.

### PROGRAMS

A *Senior Adult Program* is provided for healthy senior adults to participate in classes and group sports activities. Special events, competitions, and exercise programs are coordinated for fitness, fun, and social interaction.

A *Special Needs Program* caters to people with a wide range of medical conditions. The purpose of this program is to provide individual supervision and monitoring for people who require it in order to participate in physical activity. The program also provides education and a personalized exercise prescription that will allow each participant to reach their own optimal fitness level. A physician's referral is required for all participants.

A *Heart Link Program* provides strategies to reduce the risk factors for heart disease and restore the health of individuals diagnosed with heart disease. A program of education and exercise allows participants to progress to an optimal level of wellness. Education provides information to assist individuals to develop healthier lifestyle choices, and a carefully supervised exercise program builds flexibility, strength and endurance. A physical referral is required for all participants.

*Physical Education (PED)/Health Education/Sports Medicine (HED) Classes* are offered for academic credit. Examples of Physical Education course offerings include weight training, general conditioning, aerobics, jogging/walking, scuba diving and slimnastics. Health Education/Sports Medicine classes include but are not limited to Foundations of Physical Education, Fundamentals of Fitness, Care and Prevention of Athletic Injuries, Personal and Community Health, Wellness, and First Aid and CPR.

## **FACILITIES**

The WSCC Wellness Center opened in the fall of 1992. In 1996 an expansion to the original building was completed. The present facilities include:

**Classrooms:** There are three on the first floor and one large classroom on the second floor as well as a large mirrored aerobics room equipped with exercise mats and a variety of hand weights and exercise balls.

**Racquetball Courts:** There are four courts for racquetball, two courts can be converted for wallyball play, and a center observation area.

**Gymnasiums:** Two gyms are located in the back of the center. One is used for basketball and the other for volleyball. Both gyms include a walking track (1/16 mile).

**Weight Room:** The spacious 7000 foot room is well-equipped for weight training and cardiorespiratory training. A full line of cardio, Nautilus Machines and free weight equipment is well utilized in this impressive weight room.

**Assessment Rooms:** Two assessment rooms are located near the weight room for the assessment of body fat, measurements, and weight.

**Locker Rooms:** These areas provide shower facilities, lockers, and saunas.

**Demonstration Kitchen:** This spacious kitchen provides classroom space for cooking demonstrations, seminars, and gatherings.