

# HEALTH, PHYSICAL EDUCATION (KINESIOLOGY) AND RECREATION –

## Recreation and Wellness Option

The Department of Health, Physical Education (Kinesiology) and Recreation offers an option in Recreation and Wellness. The profession of Recreation and Wellness will have careers and offer valuable contribution in the area of physical education, physical activity, fitness, exercise, parts and community recreation, athletics administration, and sport management within the community setting.



*Physical Fitness/Aerobics for Majors Instruction by Ms. Betty Hayes-Anthony*



*Chest Compressions - CPR*

*CPR Training of Students*