



MYCA Course Description

- 1. Principles of Fitness & Health WPE 101 2 S.H**

Students will learn the components of health related fitness. Topics include cardiorespiratory endurance, muscular endurance, strength, flexibility, nutrition, substance abuse, holistic health, and STD's. Discussion as well as activity is a part of most topics. Each student plans and implements a personal exercise program.
- 2. General Physical Education WPE102 2 S.H.**

This course is based on scientific principles to develop and maintain muscular and cardio-respiratory fitness. Circuit training is the principle training regimen. Circuit training is a method of resistance training, which emphasizes muscular and cardio-respiratory endurance.
- 3. Safety and First Aid WPE 112 2 S.H.**

This course is a study of the practical aspects of first aid and cardiopulmonary resuscitation. Successful completion of the course qualifies a student for certification from the American Red Cross in: (1) Responding to Emergencies; and (2) Community CPR.
- 4. Military Science/Leadership ECR102 3 S.H.**

This course is an introduction to basic military science; basic leadership principles at the lowest organizational level; examines the organization, history and roles of the United States Military. Lower level of command, with emphasis on fundamentals and application of the techniques of conducting individual and small unit drill up to platoon & company level. Studying the history and methods of ceremonial drill. Land navigation, map reading and physical fitness training designed to enhance self-confidence and physical fitness through active participation.
- 5. Nutrition/Disease Prevention NUT 130 2 S.H**

This course is a study of the basic nutrients essential to health. Nutritional evaluation, diet therapy, and disease signs that may accompany inadequate nutritional patterns are emphasized.

