

HPE 151 Graphical Syllabus Objectives



S2E2 Paper summarizes what you have learned about yourself and what you plan on doing!

Learning Experience One
Chapters 1, 2, 4, & 5

Finding out what
you have learned



Learning Experience Two
Chapters 6, 7, 8, & 9

Finding out what
you have learned

Final Essay
Created during the final.

Culminating activity to show
that you understand what God
expects in these areas.

Chapters 1 and 2

Introduction and
Exploration

Chapter 4

Sleep
Stress
Time Management

Chapter 5

Eating: Do I know
what and how
much I'm eating?

Chapter 6

Body Image
and making good
decisions!

Chapters 7 & 8

Exercise:
Aerobic and
Anaerobic

Chapter 9

Protecting your
back for less issues
for a lifetime!

