



FIRST AID AND CPR (GPE)

GPE 101 First Aid & CPR (1 Credit)

The course covers first aid and cardiopulmonary resuscitation training to give individuals the knowledge and skills necessary to prevent, recognize, and provide basic care for injuries and sudden illnesses until advanced medical personnel arrive and take over.

GPE 102 Introduction to Fitness (1 Credit)

This course introduces techniques on developing fitness levels. The students learn the health factors associated with fitness and wellness which relate to their families and community.

GPE 104 OSHA 10 Safety (1 Credit)

This course is a basic overview of the requirements of the Occupational Health and Safety Administration as related to working in any industry. It also covers the requirements for treating an ill or injured person.

GPE 106 Introduction to Sport Officiating (1 Credit)

This course will provide the necessary introductory skills and concepts for officiating a variety of sports.

GPE 240 Fundamentals of Nutrition (3 Credits)

This course explores the basic principles of nutrients, their functions and food sources, including nutrient application in food preparation, menu planning and promoting a healthy lifestyle.