



## Summer 2019 Online Health and Personal Fitness

June 10 - July 2nd

Registration for these courses opens on February 15th on MyPaymentsPlus. Each course costs \$250. Register early - Limited space is available.

### Online Health (.5 credit - graduation requirement)

#### **HE (17.0110001-03) ONLINE SS 2018 HEALTH (required for graduation)**

- Students will only need to be present for Orientation and the final exam date - all other material is online
- eADAP information is provided to students in the health course.
- AHA Adult/Child CPR certification is available (not required)

### Online PE (.5 credit - graduation requirement)

**HE (36.0510001 - 31) ONLINE SS 2018 PERSONAL FITNESS (PE) Fitbit (student provides equipment)** - Using a smartphone to download the Fitbit App to track exercise or use your own heart rate equipment (more information provided in the FAQ page).

- REQUIRED Pre/Self Test at the beginning of the course, and mandatory post fitness test and final exam at GOC.
- Please visit our website for a detailed description of how we use fitness tracking technology and other frequently asked questions about this course: ·

[https://www.gwinnettonlinecampus.com/departments/health\\_and\\_physical\\_education](https://www.gwinnettonlinecampus.com/departments/health_and_physical_education)

**More information about pre-fitness or self-testing will be available on our website once registration opens:** <https://www.gwinnettonlinecampus.com/health-and-physical-education.html>

### Important Dates:

- **June 6: Pre-Fitness Testing and Orientation**
  - **Self-Fitness Testing** will be an option this year with use of app
    - If this option is chosen there is an option to attend an orientation to help get started (orientation is not required, but recommended if first time taking a GOC class)
- **July 1: Final Exam** for both Health and PE - must be taken in person at GOC.