

# HEALTH (HLTH)

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HLTH C031N

18 Hours (18 lecture hours)

**Health and Wellness for Esports**

**Grading Mode:** P/NP/SP Non-Credit

This course examines how health and wellness affect gaming performance by understanding the physical demands placed on esports players. Students will learn to create an environment that enhances health benefits and minimize health concerns. Noncredit. Pass/No Pass/Satisfactory Progress. (NOT DEGREE APPLICABLE.)