

# HEALTH AND WELLNESS FOR ESPORTS, CERTIFICATE OF COMPLETION

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**Banner Code:** 3\_NCH\_HWE

**Control Number:** 41933

**Not Financial Aid Eligible**

The Health and Wellness for Esports Certificate is designed to prepare individuals wanting to learn more about proper health and wellness, nutrition, injury prevention, and the psychology of esports. This program is also intended to help students develop an understanding of the physical and mental demands placed on gamers and how they can better prepare themselves through exercise, stretching, mental tools, and nutrition.

## Program Level Student Learning Outcomes

Upon completion of this program, students will be able to:

1. Explain how concepts of health and wellness impact short-term and long-term gaming sessions.
2. Develop wellness program for optimal performance and injury risk mitigation in esports.

This award confirms that a student has completed a noncredit program that prepares students to progress in a career path or to take degree-applicable courses.

Course	Title	Hours
<b>Required Core</b>		
Complete the following:		
HLTH C031N	Health and Wellness for Esports	18
FN C032N	Nutrition for Esports	18
KIN C033N	Injury Prevention for Esports	18
KIN C034N	Psychology for Esports	18
<b>Total Hours</b>		<b>72</b>