NEW HPX Option
Take both parts of HPX 177 Fitness for Life conveniently, ONLINE!

Now, fulfill BOTH your HPX 177 Activity & Lecture General Education Requirement via “Blackboard”

- Available with the 2014 Intersession and every session after
- Both lecture and activity must be taken in the same semester/term
- There will be separate Blackboard sites for the lecture and the activity
- The online activity requires permission from the instructor for registration: Call HPX at 203-837-8612 for details

HPX 177 Activity ONLINE FAQs
You must participate in 30 hours of supervised physical activity on your own.
To be granted permission to enroll, identify both how you will accumulate 30 hours of physical activity and list a certified coach/fitness trainer who will supervise you. (Note: You are not required to hire a personal trainer.)
Acceptable examples include:
- taking fitness classes with a certified instructor of zumba, yoga, aerobics, spinning, etc.
- working out-of-season with an athletics coach
- having a certified trainer at a gym agree to sign off on your activity hours while at a gym
The WCSU HPX instructor granting permission will have the authority to approve or deny your plan for accumulating exercise hours and/or the supervisor.