



# 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.