

## HealthEU Course Descriptions

Review the Course Descriptions for our HealthEU classes. These are electives centered on Elon University's [Six Dimensions of Wellness](#): Community, Emotional, Financial, Physical, Purpose, and Social.

HealthEU Courses	
Course Information	Semester Hours
<b>HealthEU: (HEU) 1000: Tennis I</b>	<b>1</b>
This course is an introductory tennis course. Students will apply learned skills, strategies and rules for singles and doubles play. The course includes an exploration of the history of tennis. Special fee: \$15. Offered fall and spring.	
<b>HealthEU (HEU) 1020: Self Defense I</b>	<b>1</b>
This course offers instruction in self-defense techniques that are easy to learn and perform. Using techniques from various martial arts, students learn practical self-defense maneuvers for the most common real world situations from the perspective of personal safety. No previous martial arts experience is required. Offered fall and spring.	
<b>HealthEU (HEU) 1030: Pickleball</b>	<b>1</b>
Pickleball, one of the fastest growing sports in the U.S., is a game that blends the elements of tennis, badminton, and table tennis. Through a combination of instruction, practice drills, and game play, in this course you will develop the fundamentals of pickleball (e.g., groundstrokes, serves, and dinks) and will gain an understanding of the rules and strategies. Whether you are looking for a fun way to stay active, engage socially, or enhance your overall well-being, this is the class for you.	
<b>HealthEU (HEU) 1050: Golf I</b>	<b>1</b>
Golf I is an introductory course in the basics of the sport. Instruction will include all aspects of the game from the fundamentals of the swing to putting and chipping. Students will learn the rules and the etiquette of the game. The course also includes the opportunity to play nine holes of golf at a local golf course. Offered fall and spring. Additional fee applies.	
<b>HealthEU (HEU) 1090: Aerobic Cond/Weight Training</b>	<b>1</b>
Progressive development of physiological fitness designed to meet the needs of the individual student, including weight and cardio-respiratory training. Students will learn how to design and implement a weight program based on their individual needs. Offered fall and spring.	

<b>HealthEU (HEU) 1100: Introduction to Flatwater Kayaking</b>	<b>1</b>
This is an introductory course in the basics of kayaking. Safety, technique and enjoyment are stressed. Instruction provides both an understanding of kayaking in rivers with rapids and on large open bodies of water where wind and waves can increase the level of difficulty. An ability to handle both recreational kayaks and touring kayaks is developed through practice. Includes three pool, three classroom, two river and three lake paddling sessions. Additional fee applies. Offered Fall.	
<b>HealthEU (HEU) 1345: Joyful Living/Embracing Gratitude</b>	<b>2</b>
In our currently fast paced routines, we often miss moments of unexpected joy and gratitude. Joyful Living: Embracing Gratitude and Joy for a Balanced Life is a transformative course designed to empower you to reflect on your personal values and incorporate gratitude and joy into your daily life. Through a combination of self-reflection, mindfulness exercises, and practical techniques, you will explore the profound impact of gratitude and joy on overall wellness and develop an action plan to integrate these practices beyond the course.	
<b>HealthEU (HEU) 1709: Koru Insight Meditation</b>	<b>1</b>
In this course, you'll explore mindfulness to enhance emotional intelligence, reduce anxiety, and boost self-awareness using the Koru method of instruction. Based on scientific evidence, it covers the impact of mindfulness on modern life. Through experiential learning, you'll gain tools to reduce stress, improve focus, and enhance decision-making. This is a hands-on practical course of skill building. Coursework includes a guided ten minutes of on-your-own practice daily using the Koru app, journaling, and weekly in-person meetings for discussion. By the course's end, you'll have a strong mindfulness foundation for your well-being journey. Moodle provides additional materials.	
<b>HealthEU (HEU) 1715: Eating for Wellness</b>	<b>1</b>
Cooking and healthy eating offers several wellness and well-being benefits. This course will examine how cooking and eating nurtures wellness for you and those around you through all dimensions of wellness and well-being. Students will learn about the importance of consuming a healthful diet, how to boost mental health and grow with something as simple as cooking. This course will educate and empower students to make nourishing food choices, meal planning and meal preparing, mindful eating and cooking through hands-on learning experiences. Students will be expected to practice and apply basic concepts of cooking and eating to the maintenance of a healthy lifestyle to support mental and physical health.	
<b>HealthEU (HEU) 1716: Building New Elon Connections</b>	<b>1</b>
This course is for students seeking deeper, lasting connections on campus. Friendships and social bonds are essential to our happiness and well-being, and this class creates opportunities to connect with others who share similar values and	

experiences, fostering a strong sense of belonging. Through both structured and casual activities, students will explore ways to identify, form, and maintain connections at Elon. The class will feature interactive discussions, off-campus trips, and reflective activities, encouraging students to build relationships both in and outside the classroom. This course is open to first-year and sophomore students only.

**HealthEU (HEU) 1717: Discovering your Purpose**

**1**

This course is designed to guide you on a journey of self-discovery and fulfillment by exploring the concept of purpose in two dimensions: "Big P" and "Little P". Through a blend of interactive activities, reflective exercises, and group discussions, this course will offer insight into what gives life meaning and direction, both on a grand scale (Big P) and in everyday pursuits (Little P). Students will examine historical and philosophical perspectives of purpose, explore the meaning of purpose in different cultures, connect grief and resilience to purpose, and investigate the idea of vocation.

**HealthEU (HEU) 1718: Let's Talk – Living Nonviolence**

**1**

Conflict is everywhere. We experience conflicts with our friends, our family, our neighbors, and our community. Yet, many of us are averse to engaging in conflict at all. Living with Love is a course for those who want to learn how to resolve conflicts in their lives while still holding onto our connections and relationships with others. Utilizing the teachings of Dr. Martin Luther King Jr. 's philosophy of Nonviolence, this course will empower students with the skills and understanding to utilize conflict as an opportunity to deepen our relationships with others, rather than destroy them.

**HealthEU (HEU) 1719: Foraging and Wild Foods**

**1**

This course provides an introduction to foraging and an opportunity to connect with the natural world in a different way. Throughout the course, we will introduce the botany, taxonomy, and ecology of edible wild foods while also discussing the historical and cultural knowledges connected to the natural world. Students will be able to deepen their connection to the natural world, develop an ethic of care for local environments, and experience the mental health benefits the outdoors can provide. The course will meet in a nontraditional format and will include off-campus trips. Offered fall.

**HealthEU (HEU) 1721: Water Aerobics**

**1**

Dive right into this one-hour, low-impact water aerobics class is designed to promote physical fitness, enhance cardiovascular health, and support overall wellness in a supportive and inclusive environment. Whether you're new to exercise or a seasoned fitness enthusiast, this course provides a fun and effective way to improve strength, flexibility, and endurance.