

## DD. : Run for Your Life

The premise of this course will be to equip first year Bison with strategies, if utilized, that can ensure a successful transition to higher education life; these strategies can be employed with all classroom content. We will also discuss pertinent topics that aid in the adjustment to college life outside of the classroom. A large percentage of Bethany students are also athletes. This course will be structured in a professional manner that encourages students to use their competitive spirit, when competitive sports may or may not still be an option, to give their best efforts in and out of the classrooms. Students will gain insight on the importance and usefulness of becoming more in-tune with lifelong fitness practices such as running. (Chelsey Fletcher, Assistant Professor of Physical Education)