Mission
The primary mission of the Department of Health & Exercise Studies (HES) is to educate a globally diverse NC State population regarding the benefits of living a healthy and physically active lifestyle by providing equal opportunities and professional preparation in sport, fitness, health and recreation.

History
In 1923, N.C. State’s Board of Trustees authorized the establishment of the Department of Physical Education. Since that time, the university has developed and expanded its unique physical education program under the leadership of eight department heads and numerous faculty. HES works closely with University Recreation to provide NC State students with diverse opportunities for student learning both inside and outside the classroom. The name of the department was changed in May 2012 to reflect its current focus.

People
- 33 faculty
- Four professional and support staff

Facilities
- Housed in the Carmichael Complex (managed by University Recreation).
- Carmichael Complex consists of approximately 455,000 square feet of indoor space, including Carmichael Gymnasium, Carmichael Recreation Center and the Willis R. Casey Aquatic Center.
- Outdoor amenities include eight basketball courts, 12 tennis courts and 12 acres of lighted field space.

Activities
- **Academic Courses** – There are 100 courses offered, including fitness & wellness (100 level), skill activity (200 level), and specialized courses (300 and 400 levels). Examples of fitness and skill activity courses offered are: Run Conditioning, Aerobics, Water Aerobics, Triathlon, Swim Conditioning, Fitness Walking, Indoor Group Cycling, Yoga, Pilates, Weight Training, Scuba, Equitation, Dance, Tennis, Racquetball, Badminton, Bowling, Canoeing, Whitewater Rafting, Mountaineering, Backpacking, Rock Climbing, Sea Kayaking, Fly Fishing, Softball, Flag Football, Basketball, Volleyball, Ultimate Frisbee, Soccer, Fencing, and Swimming.
- **General Education Program (GEP)** – Undergraduate students are required to complete two semesters of HES courses to meet the university GEP requirement. This includes a 100-level course and one additional course from either the 100 or 200-level.
- **Minor Programs** – Five programs offered through 30 courses (Coaching, Health, Outdoor, & Sport Science), with an Emergency Medicine Program in development with the Department of Biology.

Participation
- Over **685 classes** taught each year, through 100 different course offerings.
- Instruction to more than **15,000 students** on campus, and **1,400 students** via distance education.

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