



## Health Experience Completion Request Form

### Request to acknowledge a Pre-Approved Health Experience

Student Name \_\_\_\_\_ University ID 800 \_\_\_\_\_

e-ID \_\_\_\_\_ Phone: \_\_\_\_\_

The Health Experience was designed to be flexible, and to allow for possibility of both course and non-course fulfillment. Students only need to successfully complete one Health Experience to meet the General Education requirement.

#### **Pre-Approved Health Experience (non-SIUE) course options:**

Health Experience credit will be granted when a student provides dated certification that shows they have completed one of the following experiences **post-high school graduation**. Certification materials should be presented to the Service Center.

#### **Check one:**

One semester (or more) in collegiate Varsity Athletics

One semester (or more) in Club Athletics

PADI SCUBA diving certification (initial training only, not recertification)

Emergency Medical Response certification (initial training only, not recertification)

Lifeguard certification (initial training only, not recertification)

Basic Training (Military)

Completion of SIUE Indoor Triathlon

SIUE Campus Recreation Participation

10 sessions of one activity:

Yoga Belly Dancing (circle one)

One semester (or more) of Air Force or Army

ROTC participation

Certified Yoga Instructor

Certified ACSM Personal Trainer

Certified ACSM Group Exercise Instructor

Completion of at least five Health Experience designated SIUE Student Academic Success Sessions (SASS) through the Office of

Retention and Student Success

Completion of Introduction and at least 5 additional modules of the ACCESS "Online Learning Community Course" [available for students registered with ACCESS]

CPR (initial certification). Cannot be completed with an online course

Completion of 10-hour Occupational Safety and Health (OSHA) training course

Completion of SIUE's 6-hour Green Dot Training

Attached documentation:

\_\_\_\_\_  
\_\_\_\_\_

The General Education Committee reserves the right to request additional documentation when needed.

Student Signature \_\_\_\_\_

Date \_\_\_\_\_

Submit the request form and attached documentation to the Service Center, Rendleman Hall, room 1309, or mail to: SIUE, Service Center, Box 1080, Edwardsville, IL 62026.

#### **Office Use Only:**

Rec'd in Service Center:	Entered in Banner:	Student notified via email:
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