



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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