Residential Learning Communities and themed programs are designed to introduce and integrate academic and social learning and faculty involvement within the residence hall setting with the goal of an enriched learning experience for all participants. www.housing.colostate.edu/halls/rlc.htm

To join the Health & Exercise Science Community:
Follow the instructions on the Online Residence Hall Housing Application (www.housing.colostate.edu/halls) and mark the HES Community as your first choice for an RLC. If you have a roommate in mind, he or she needs to indicate the same RLC as his or her top choice. If you have already submitted an application, contact the Assignments Office to request the HES RLC: assign@colostate.edu or (970) 491-4719.

Health & Exercise Science Community
Sponsored by the College of Health and Exercise Science
For more information contact Cathy Kennedy, Ph.D
Associate Professor, Health and Exercise Science
(970) 491-1501 • Catherine.Kennedy@colostate.edu

We look forward to having you with us!

“The quality of a person’s life is in direct proportion to their commitment to excellence.”
- Vince Lombardi
At a school as big as Colorado State, finding your own niche is essential. In the Health & Exercise Science (HES) Community, you will live with other students who are taking the same classes, have similar career goals, and are equally interested in living an active and healthy lifestyle. It's easy to walk down the hall to ask questions about homework and to form study groups with floor mates. The HES Community, located in Corbett Hall, is the perfect place for students interested in majoring in Health and Exercise Science with concentrations in Health Promotion and Sports Medicine.

Welcome to the Health & Exercise Science Community!

The HES Community Experience Includes:
- A Faculty Advisor
- Wellness Programs and Wellness Club Meetings
- Resident Assistants who are HES majors
- Study Skills Workshops
- Opportunities to get to know upperclass students
- Review sessions for exams
- Great social interactions
- Challenge Course

Benefits of Corbett Hall:
- Close to the HES Department
- Located across the street from the Campus Recreation Center and Moby Athletic Arena
- Innovative dining center, featuring The Marketplace
- Space is available for study groups, review sessions for exams, and individual study
- Meeting space provided for the Wellness Club and Corbett Activities Board
- Aerobics and music practice facilities for personal use

Opportunities for Research and Development
As an HES Community member, you will have great opportunities including:
- Experiential learning including links with Campus Recreation, the CSU Health Network, and University Counseling Centers
- First aid and CPR (among other courses sponsored by the CSU Health Network)
- Participate both as research subjects and research assistants
- An eight-week research experience offered to minority students through a grant from the National Institutes of Health

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