

**SOUTHERN ILLINOIS UNIVERSITY  
EDWARDSVILLE**

**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 in collegiate Varsity Athletics
- One semester in SIUE Club Sports; eSports excluded
- 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
- One semester 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 five 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

List attached documentation:

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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, mail to: SIUE, Service Center, Box 1080, Edwardsville, IL 62026, or by email to [servicecenter@siue.edu](mailto:servicecenter@siue.edu).

**Office Use Only:**

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