HEALTH 100 LAB POINTS

POINT SCALE
48-43 POINTS = A
42-38 POINTS = B
37-33 POINTS = C
32-29 POINTS = D
28-0 POINTS = F

How do you earn Lab Points?

1 lab point is earned for each hour in the Wellness Fitness Center.

Additional Lab point opportunities include:

- Cholesterol Testing: 2 pts
- Body Fat Testing: 2 pts
- Doctor Physical: 5 pts
- Dental Visit: 3 pts
- Skin cancer screening: 2 pts
- STD Test: 2pts
- Vision Test: 2pts
- Hearing Test: 2 pts
- TB test: 2 pts
- Cancer screening: 2 pts
- 2K/5K/10K (Participant or volunteer): 3 pts
- Triathlon (participant or volunteer): 3pts
- Donate Blood: 2 pts
- *Attend Palomar Fitness PE class: 1 pt
- Health Fair: 3 pts
- Nutritional analysis of 3-Day diet journal

*(Any other health related activities with prior approval by instructors)*

* You must attain prior approval from the instructor of the class and it cannot be a class you are currently enrolled in.

For doctors visits you must get a signed letter from the doctor on their letterhead stating the type of visit with your name and date.