Healthy physique and well-being are attainable through education, practice, and behavioral change. However, many Americans do not meet these goals. The Center of Disease Control (CDC, 2014) stated, “Less than half (48%) of all adults meet the 2008 Physical Activity Guidelines.” These guidelines examine how much physical activity children, adults, and elderly need in their daily lives. For those who do not exercise, many may not have the knowledge necessary for such activities and therefore do not feel comfortable in doing so. Recent reports show that different diseases such as diabetes, cardiovascular disease, and obesity have been on the rise in the last several decades. The CDC’s Dr. Allbright also proclaims “If these numbers continue to rise, then 1 in 5 of Americans will have diabetes by 2025, and 1 in 3 by 2050” (CDC, 2014). This study aimed to examine if students are learning health related concepts and if the transition to college is helping to strengthen their will and want for exercise. Eight different First Year Seminar (FYS) courses (n=111 participants) were invited to take a 20 minute survey. The survey focused on experiences, perceived knowledge, and health related practices associated with physical activity and exercise. Specific questions were asked for a general idea on how important health, wellness, and physical activity are to the participants. Questions such as “Do you think there should be a requirement for all students to take a class that discusses health, wellness, physical activity, and/or nutrition” were examined. Out of 108 students who answered this question 77.8% said yes. This is similar to a previous survey conducted in 2013 that reported 60% of students who said that they would like more information on the topics of physical activity and wellness.