

HHPL 159: Health Science

Explores healthier living through scientific knowledge of the six dimensions of health: physical, social, intellectual, emotional, environmental, and spiritual. Discuss topics ranging from health behavior change, stress, nutrition, weight management, diabetes, contraception, intimate relationships, HIV infection, drugs and infectious diseases.

Credits: 1

Program:

Health, Human Perform. & Leisure Studies

COURSE DESCRIPTIONS

Essential Learning Outcomes: ELO #7: Comprehensive Wellness Practices