
SECTION HEADING

HLTH 1101: Personal Wellness

Description

Personal Wellness focuses on individual wellness from a holistic perspective. Surveys personal health concerns within each of the five human health dimensions - physical, social, intellectual, emotional, and spiritual. Emphasizes the knowledge, attitudes, and behaviors of a positive lifestyle. Designed for anyone interested in enhancing his/her well-being. Often a required component of programs in health, human service, and education careers.

Credits

3

Credit Details

Lecture: 0

Lab: 0

OJT: 0