

HEALTH/LEISURE/PHYSICAL EDUCATION (HLP)

HLP1081C TOTAL WELLNESS (2.00 Credits)

Total Wellness emphasizes the importance of knowledge, attitudes, and practices relating to an individual's overall health and personal wellness as well as appraisal and improvement. It is a course designed to expose students to a broad range of issues and information relating to the dimensions of wellness that include: physical, emotional, intellectual, spiritual, social, environmental and financial wellness. This course integrates the dimensions of wellness and fitness in both a classroom and exercise environment so that the student understands the lifelong effects of healthy lifestyle choices. Course topics include, but are not limited to: cardiovascular health, nutrition, exercise prescription, stress reduction, disease prevention, financial readiness and environmental responsibility. HLP1081C meets the International/Intercultural competency requirement.

Total Contact Hrs: 48.00

Lecture Hrs: 32.00

Lab Hrs: 16.00