

HLTH 201 : Introduction to Health

This course examines individual health related lifestyles. Students will learn about and understand a variety of issues including: psychosocial health, stress management, cancer, cardiovascular disease, sexually transmitted infections, addictions, nutrition and weight management, environmental health, complementary and alternative medicine, violence and abuse, and consumerism. This course is intended for physical education majors seeking health certification, or students pursuing degrees in other health related fields.

Credits 3.0