HHP 1260 Human Health and Wellness

2 hours

Majors, Minors & Degrees:

Majors
Physical Education (B.S.)

Departments/Programs:

Health and Human Performance (Undergraduate)

A course designed to give the students a better understanding of how the body functions. Health and wellness involves the study of factors affecting the physical, emotional and mental well-being of individuals. Health is a state of body and mind viewed within the context of the individual, community, society, and environment. This class will offer a holistic view of how ones external and internal factors affect health.
(Normally offered each semester.)