Nebraska Wesleyan University

HHP 1260 Human Health and Wellness

Catalog

2025-2026

Course Description

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.)

Archway Curriculum: Integrative Core: Human Health and Disease Thread

Course Hours

2 hours

Departments

1. Health and Human Performance (Undergraduate)