

# **HEA-110 : Personal Health/Wellness**

**Credits** 3

**Lab** 0

**Lecture** 3

**Clinical/WkExp** 0

**Session Cycle**

Not Currently Available

## **Description**

This course provides an introduction to basic personal health and wellness. Emphasis is placed on current health issues such as nutrition, mental health, and fitness. Upon completion, students should be able to demonstrate an understanding of the factors necessary to the maintenance of health and wellness.