

Health

101-2 Wellness for Life. (2-2) (TCCNS = PHED 1338) The study of principles and techniques needed to promote human health and hygiene. Topics will include, but not be limited to: fitness assessment and skills; personal awareness and management techniques, self motivation, proper nutrition, responsibility, and health choices as they relate to wellness. Health related physical fitness laboratories for skills and strategies will be conducted. Lab fee \$5.

In course descriptions, the digit following the course number is the number of semester credit hours. For example, ENGL 111-3 is a freshman level course worth 3 semester hours of credit. The numbers in parentheses following the course number (for example, 3-2) indicate the number of clock hours per week devoted to theory and practice, respectively. (WI) indicates that sections of this course will be offered as writing intensive.