

WELLNESS (WELL)

WELL 175: 3 s.h.

Wellness

This course offers a comprehensive discussion of the dimensions of wellness including such topics as physical fitness, nutrition, psychological well-being, time- and stress-management, STI prevention, sexual violence risk reduction, active bystander interventions, addictive behaviors related to alcohol and other drugs, cultural responsiveness, as well as chronic diseases. The course includes useful and practical advice for adopting a wellness lifestyle that considers individual interests, goals, and life situations.

WELL 175H: 3 s.h.

Hon: Wellness

WELL 240: 3 s.h.

Health, Safety, Nutr for Child

This course is designed to address the essential components of children's wellness. The course will present ways to promote children's health through awareness, effective practices and knowledge of health issues; address the creation and maintenance of safe environments for young children; and meet children's essential nutritional needs through nutrition education and planning. Emphasis will be placed on preventive health practices, the promotion of lifelong physical activity, and on the collaborative effort of families and teachers in the promotion of these wellness issues in the face of current health issues for children, especially obesity. Offered in fall, spring.