

# HSC 215 : Health/Wellness Across Lifespan

What defines personal health and wellness? This course will explore the multi-faceted components of health and wellness: physical, intellectual, spiritual, social, emotional and occupational; and examine how each contributes to the development and maintenance of a healthy lifestyle. Students will examine their current lifestyle choices and assess the impact, both present and future, these choices have on their health and wellness. Current health issues affecting today's society and educational programs promoting health and wellness will also be included. Restricted to HSC majors or by permission of the Health Sciences Program Director. Note: Students may not receive credit for both HSC 215 and PED 225.

**Credits** 3