

HED 226: Wellness

This course provides health-related education to those individuals seeking advancement in personal wellness. Major emphasis is on the nine dimensions (physical, emotional, intellectual, spiritual, social environmental, occupational, financial, and cultural) of wellness and how they all play a part in the overall wellness of an individual.

Credits: 3

Transfer Code: Transfer Code

Code C

Lab Hours: 0

Lecture Hours: 3

Prerequisites:

None

Co-Requisites:

None