

HEALTH AND WELLNESS (CCHW)

CCHW 110 Topics in Health and Wellness **3 cr**

Examines fundamental topics in health and wellness. Students will learn how their behavior choices contribute to wellness, critically evaluate their own wellness practices, and develop strategies for healthy behaviors. Students will engage in wellness activities that incorporate exercise and mental health, and define wellness in the context of global and societal issues.

Attributes: Core Health and Wellness (CHW)