

# HEP 100: Introduction to Health and Wellness



## Overview

In this course, you will learn current concepts in exercise, health, and wellness. You will also gain valuable insight into how to maintain a healthy lifestyle for yourself.

## Course Prerequisites and Requirements

To be successful in this course, we recommend English language fluency and computer literacy. We also encourage you to make sure your laptop or desktop computer meets the technical requirements.

## What You'll Learn

- Describe the role of health, nutrition, and wellness in our daily lives
- Evaluate evidence that supports or disproves selected health claims
- Provide examples of how psychological, spiritual, and emotional health are connected to one's overall well-being and physical health
- Identify and manage personal health risks based on current lifestyle choices
- Identify and implement lifestyle changes that may enhance lifelong health

## Transcript

This course appears on your transcript identically to how it appears on the transcript of an enrolled ASU student who has taken the course on one of ASU's campuses.

This course satisfies 3 credit hours toward the Social-Behavioral Sciences (SB) General Studies requirement at Arizona State University. It is strongly encouraged that you consult with your institution of choice to determine how these credits will be applied to their degree requirements prior to transferring your credit.

## Exams and Grading

5%

Interactives (7)

10%

Case Studies (7)

5%

Content Mastery (7)

15%

Quizzes (7)

5%

Reflection Board

25%

Midterm Exam

35%

Final Exam

# Creators

## Nicole Vaudrin

Faculty Associate,  
College of Health Solutions

Nicole Vaudrin is a part-time nutrition instructor at Arizona State University (ASU). For her day job, she is a Registered Dietitian and works for Native Health's Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) program. WIC is a federal program nutrition assistance program that provides healthy foods and nutrition education to education to eligible families. Native Health targets urban American Indians living in the greater Phoenix area but serves all eligible clients.



## Punam Ohri-Vachaspati

Professor of Nutrition,  
College of Health Solutions

Punam Ohri-Vachaspati, Ph.D, RD, is a professor of nutrition at the College of Health Solutions at Arizona State University, where she leads the ASU Food Environment and Policy research group. Her research, funded by the National Institutes of Health, the United States Department of Agriculture, the Robert Wood Johnson Foundation, and local organizations, examines social determinants of health, specifically in low-income minority communities. She studies the impact of federal, state, and local policies in shaping food and physical activity environments in school settings and in communities. She teaches graduate-level courses and mentors students interested in exploring public health approaches for improving healthy food access, eating behaviors, and health outcomes. Dr. Ohri-Vachaspati received her Ph.D. degree from Tufts University School of Nutrition in Food Policy and Applied Nutrition. She completed her undergraduate education at University of Delhi, India.

