Overview

In this online health and wellness 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.

About this course

This health and wellness course focuses on the latest trends in health, nutrition, physical activity, and wellness. From stress management and sleep to overall wellbeing, we will explore personal health, health related attitudes and beliefs, and individual health behaviors.

In this online health and wellness class, you will explore a wide variety of health-related topics, including:

- How to improve your personal fitness
- How to take a credible assessment of your personal health
- The dietary decisions you need to make to help build a healthy life
- How to achieve and maintain a healthy weight
- How to manage stress
- How to maintain proper sleep hygiene
- How to lower the risk of contracting an infectious disease
- Steps you can take to reduce the risk of chronic disease
- Attitudes and beliefs related to health

Required prior knowledge and skills

To be successful in this course, we recommend English language fluency and computer literacy.

Learning Outcomes

At the conclusion of this course, students will be able to:

- Identify their personal health risks based upon current lifestyle choices
- Identify lifestyle changes that will enhance lifelong health
- Evaluate the evidence to support or disprove selected health claims

Additional Info

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 the credit.
Nicole Vaudrin, MS, RDN
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 eligible families. Native Health targets urban American Indians living in the greater Phoenix area but serves all eligible clients.

Dr. Punam Ohri-Vachaspati
Dr. Punam Ohri-Vachaspati, PhD, RD, is an Associate Professor of Nutrition at the School of Nutrition and Health Promotion. Under the umbrella of public health nutrition, her research aims to understand the social-ecological determinants of health with a focus on reducing health disparities. She examines food environments in community settings, schools, and child care centers, and assesses the role federal, state, and local policies play in shaping these environments as they relate to obesity prevention efforts. Dr. Ohri-Vachaspati teaches graduate and undergraduate courses in the area of obesity prevention and research methods. She received her bachelor’s and master’s degrees from University of Delhi, India with a focus on food and nutrition, a master’s and a doctorate degree from Tufts University School of Nutrition in Food Policy and Applied Nutrition.