Introduction to Health and Wellness

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 THE COURSE

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

*This course satisfies 3 credit hours toward the Social-Behavioral Sciences (SB) General Studies requirement at Arizona State University.*