

HE 295 : Health and Fitness for Life

Explores the interrelationship of the five components of physical fitness, nutrition and stress management concepts and activities to increase individual health and wellness.

Credits 2

Subject

[Health](#)

Course Outcomes

Upon successful completion, students should be able to:

- Apply behavior change theories to assess and self-reflect on health and fitness status
- Apply and evaluate wellness concepts that promote health and fitness
- Explore activity options to maintain and/or improve lifelong health and fitness

Co-Requisite Courses

[PE 295](#)