

Advising Record Health & Wellness Certificate

Semester	Course Name and Number	Cr.	
Fall	HHP 161 Meditation for Health	1	
"	HHP 107 Managing Life's Stresses	1	
	MST 105 Lifestyle Wellness	2	
	HWE 100 Human Nutrition	3	
"	HWE 103 Community First Aid & CPR	1	8
Spring	OSH 226 Ergonomics: Manage Task Stress	3	
"	HHP 254 Holistic Health	2	
"	HWE 109 Weight Management & Exercise	2	
	HWE 124 Fitness and Wellness	2	9
	TOTAL	17	

Fully online