



Offers guided instruction in weight management and exercise to students interested in learning more about weight control. Emphasis is placed on the development of weight management programs, review of current trends and diets, essential nutrients, eating disorders, special populations, and the role of exercise in weight management.

**HWE 124                      2 credits                      Fitness & Wellness**

Provides information on fitness and wellness and to serve as a guide to design, implement, and evaluate a complete personal fitness and wellness program. The course integrates the basic components of fitness and wellness in understanding human health in order to achieve well-being. This course offers current information in the health field and provides self-assessments for health risk and wellness behaviors. This includes lifestyle modification, nutrition, weight management, stress management, cardiovascular and cancer risk reduction, exercise and aging, exercise related injury, exercise and the environment, prevention of sexually transmitted diseases, substance abuse (including tobacco, alcohol and other psychoactive drugs), and analysis and interpretation of research publications and web sites in health and wellness.