

## **KIN-36 — WELLNESS: LIFESTYLE CHOICES**

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### **About This Course**

**Transfer:** UC, CSU

3.00 units

Prerequisite: None.

Description: Exploration of major health issues and behaviors in the various dimensions of health. The Dimensions of health and wellness include the social, physical, emotional, occupational, intellectual and spiritual. Emphasis is placed on the individual responsibility for personal health and the promotion of informed, positive health behaviors. Nutrition, physical activity, weight control, mental health, stress management, violence, substance abuse, reproductive health, disease prevention, aging, healthcare and environmental hazards and safety will be discussed. 54 hours lecture. (Letter grade only)