

NRN-14 — HEALTH PROMOTION AND WELLNESS ACROSS THE LIFESPAN

About This Course

Transfer: CSU

3.00 units

Prerequisite: NRN-11

Description: Focus on health promotion and wellness for individuals and communities across the life span. Opportunities to explore the human quest for health; develop plans for health promotion, disease prevention and health teaching using theories that target the physiological, psychological, and sociocultural aspects of individuals and communities; identify and determine social determinants of health for diverse populations; design interventions for health promotion and prevention for self and others with diverse needs; evaluate the effectiveness of health promotion; encourage health promotion activities for self and individuals from diverse populations; and investigate approaches for promoting a healthier society. 54 hours lecture (Letter Grade only).