

HUMAN PERFORMANCE AND WELLNESS (HPW)

HPW 180 Introduction to Health and Wellness - 3 Hours

The study of the quality of life involving dynamic interaction and interdependence among the individual's wellbeing, mental and emotional reactions, and the social complex in which the individual exists.

Coursework includes theory of health, mental and emotional health, prevention and control of disease, nutrition, substance use and abuse, accident prevention and safety, community health, environmental health, and family life education. Includes laboratory and personal application experiences. Delivery mode: Florida undergraduate, online.