

HLTH150C : Introduction to Personal Wellness

Students in this course evaluate the concept of personal wellness and improve self-selected areas of wellness. Students compare the physical, social, emotional, spiritual, intellectual, and environmental areas of personal wellness to determine factors that affect each. Initial self-assessments provide information reflective of students' levels of wellness, and students then set goals for individual focus during the semester, while also assessing NHTI's current supports for personal wellness areas. The format for the course is group discussion and lab exercises.

Credits 1

Lab/Practicum/Clinical Hours 1

Lecture Hours 1

Learning Outcomes

Upon completion of this course, students will:

1. Describe the dimensions of personal wellness (physical, social, emotional, spiritual, occupational, environmental, intellectual) and the factors influencing each dimension.
2. Assess one's own level of wellness and explain how this can impact overall quality of life.
3. Examine personal behaviors and evaluate how they impact wellness.
4. Identify and implement strategies to improve personal wellness.