

# HEALTH AND WELLNESS (HLWL)

## Explanation of Course Numbers

- Courses in the 1000s are primarily introductory undergraduate courses
- Those in the 2000s to 4000s are upper-level undergraduate courses that also may be taken for graduate credit with permission and additional work assigned
- Those in the 6000s and 8000s are for master's, doctoral, and professional-level students
- The 6000s are open to advanced undergraduate students with approval of the instructor and the dean or advising office

### **HLWL 1099. Variable Topics. 1-36 Credits.**

Variable topics.

### **HLWL 1101. Special Topics. 1-3 Credits.**

Topics vary by semester. May be repeated for credit provided topic differs. See department for more details.

### **HLWL 1102. Stress Management. 3 Credits.**

A holistic view of stress management, including mind, body, spirit, and emotions; dominant stressors and how they affect health and wellness.

### **HLWL 1103. Issues in Men's Health. 3 Credits.**

Issues in men's health ranging from the physical and emotional to the spiritual and occupational.

### **HLWL 1104. Outdoor and Environmental Education. 3 Credits.**

A conceptual and experiential introduction to outdoor education, environmental education, wilderness travel, and outdoor leadership. Materials fee.

### **HLWL 1106. Drug Awareness. 3 Credits.**

Analysis of the complex role that drugs play in contemporary society and the ethical, legal, socioeconomic, and health issues that surround their therapeutic and recreational use.

### **HLWL 1108. Weight and Society. 3 Credits.**

Background and concepts of body dissatisfaction, disordered eating, food preoccupation, and exercise obsession.

### **HLWL 1108W. Weight and Society. 3 Credits.**

Background and concepts of body dissatisfaction, disordered eating, food preoccupation, and exercise obsession. Includes a significant engagement in writing as a form of critical inquiry and scholarly expression to satisfy the WID requirement.

### **HLWL 1109. Human Sexuality. 3 Credits.**

Biological and developmental aspects of human sexuality; psychological and emotional aspects of sexual behavior; sexual identity; social forces affecting sexual issues; and research trends in the area of human sexuality.

### **HLWL 1110. Issues in Alternative Medicine. 3 Credits.**

Various modalities of alternative/complementary/integrative therapy; critical analysis and evaluation of the many dimensions of these approaches.

### **HLWL 1112. Issues in Women's Health. 3 Credits.**

An introduction to health promotion and disease prevention pertaining especially to diseases, disorders, and conditions that are more prevalent among or unique to women or for which risk factors or interventions may differ for women and men. Topics are covered from epidemiological, sociocultural, historical, and behavioral perspectives.

### **HLWL 1114. Personal Health and Wellness. 3 Credits.**

Survey of the various components involved in personal health and wellness, such as personal fitness, sexuality, mental health, and environmental health; application of knowledge through the use of decision making and behavior modification skills.

### **HLWL 1116. Lifestyle Nutrition. 3 Credits.**

Introduction to nutrition that enables the student to make healthful food choices to enhance quality of life and prevention of chronic disease. Topics may include label reading, vegetarian diets, eating for exercise, and interpreting nutrient recommendations.

### **HLWL 1117. Lifetime Fitness. 3 Credits.**

Core elements of personal fitness as applied to daily life. Emphasis on the development of functional fitness skills that can be practiced both in and out of the classroom.

### **HLWL 5099. Variable Topics. 1-99 Credits.**