

# HLTH PROMO EDUC & BEH (HPEB)

---

## **HPEB 321 - Personal and Community Health (3 Credits)**

Psychosocial health, stress management, leading infectious and noninfectious diseases, nutrition, physical fitness, sexuality, consumer health and health care access, environmental health, aging, and death.

**Graduation with Leadership Distinction:** GLD: Diversity and Social Advocacy

## **HPEB 502 - Applied Aspects of Human Nutrition (3 Credits)**

Application of nutrition principles including functions of food and nutrients in health and disease prevention throughout the life cycle.

Applied topics include weight management, food safety, and other contemporary issues.

**Graduation with Leadership Distinction:** GLD: Community Service