

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