

NorthWest Arkansas Community College
Division of Social and Behavioral Sciences, Education and
Wellness, Legal and Protective Services

HLSC 1103 (Personal Health & Safety)

Catalog Description:

Discussion of health & safety problems with emphasis on the promotion of individual health & safety concerns.

Prerequisites:

None

Credit Hours/Contact Hours/Load Hours:

3/3/3

Course Goals & Objectives:

Students taking this course will:

- Understand the relationship between health, wellness, and quality of life
- Learn about specific actions that improve health and wellness
- Become familiar with credible sources of information of health and wellness
- Feel motivated to lead a healthy life
- Improve awareness of national and global health related issues