

HCAS 1040

HCAS 1040 Health 2: Lifestyles and Choices

1 Credit

This course introduces students to a holistic concept of health and the components of health enhancing lifestyle. Students will be invited to reflect on their own experience of health, recognizing challenges and resources that can impact lifestyle choices. Physical, psychological, social, spiritual, and environmental influences on health are explored. Students will be introduced to a model that can be applied in other courses to understand the multi-faceted aspects of health and healing.

Transfer Credits

Explore transfer credit opportunities by visiting the BC Transfer Guide (<http://www.bctransferguide.ca>)

