

# HCAS 1041

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## **HCAS 1041 Lifestyle and Choices**

1 Credit

This course introduces learners to a holistic concept of health and the components of a health-enhancing lifestyle. Learners will be invited to reflect on their own experience of health, recognizing challenges and resources that can impact lifestyle choices. Learners will be introduced to a model that can be applied in other courses to understand the multi-faceted aspects of health and healing.

### **Prerequisites**

Minimum of B- in all previous HCA courses: HCAS 1011, HCAS 1021, HCAS 1031

### **Transfer Credits**

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

