

# HEED – HEALTH EDUCATION

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## HEED 110

### Introduction to Personal Health and Well-Being

**3 Credits      Weekly (3-0-0)**

An individual-based analysis of physical fitness and personal health and wellness. Emphasis is on planning and managing one's own lifestyle for health and well-being within the context of the current health care system.

## HEED 120

### Introduction to the Biological Aspects of Fitness to Health

**3 Credits      Weekly (2-1-0)**

A biological analysis of the contributions of physical activity and exercise to fitness and long-term health. Emphasis is on the introduction of training principles, health-related components of physical fitness, exercise and physical activity guidelines, and the application of these concepts for determination of physical fitness, individual long-term health outcomes, and preventable disease. Note: Credit will be granted for only one of HEED 120 or HEED 220.