HEALTH AND WELLNESS (HLWL)

Explanation of Course Numbers

- Courses in the 1000s are primarily introductory undergraduate courses
- Those in the 2000s to 4000s are upper-division undergraduate courses that can also be taken for graduate credit with permission and additional work
- Those in the 6000s and 8000s are for master's, doctoral, and professional-level students
- The 6000s are open to advanced undergraduate students with approval of the instructor and the dean or advising office

HLWL 1101. Special Topics. 1-3 Credits.
Topics vary by semester. May be repeated for credit provided topic differs. See department for more details.

HLWL 1102. Stress Management. 3 Credits.
A holistic view of stress management, including mind, body, spirit, and emotions; dominant stressors and how they affect health and wellness.

HLWL 1103. Issues in Men’s Health. 3 Credits.
Issues in men’s health ranging from the physical and emotional to the spiritual and occupational.

HLWL 1104. Outdoor and Environmental Education. 3 Credits.
A conceptual and experiential introduction to outdoor education, environmental education, wilderness travel, and outdoor leadership. Materials fee.

HLWL 1105. Yoga and the Meaning of Life. 3 Credits.
The historical teachings that have contributed to the physical, psychological, and spiritual practices of yoga.

HLWL 1106. Drug Awareness. 3 Credits.
Analysis of the complex role that drugs play in contemporary society and the ethical, legal, socioeconomic, and health issues that surround their therapeutic and recreational use.

HLWL 1108. Weight and Society. 3 Credits.
Background and concepts of body dissatisfaction, disordered eating, food preoccupation, and exercise obsession.

HLWL 1108W. Weight and Society. 3 Credits.
Background and concepts of body dissatisfaction, disordered eating, food preoccupation, and exercise obsession. Includes a significant engagement in writing as a form of critical inquiry and scholarly expression to satisfy the WID requirement.

HLWL 1109. Human Sexuality. 3 Credits.
Biological and developmental aspects of human sexuality; psychological and emotional aspects of sexual behavior; sexual identity; social forces affecting sexual issues; and research trends in the area of human sexuality.