

AEXC 1305 : Nutrition, Health, & Fitness

This course examines the concept of a balanced diet, exercise and health, wellness and food safety. Nutritional models are presented to allow the student to understand and develop personal health and wellness practices that lead to a healthy lifestyle.

Credits 3

Course ID

008898

Requisites

AEXC Prerequisite: Student must be in the Pragmatic Studies Program to take this course.