

FIT105 : Decision Making In Health

The course will examine information, concepts, and knowledge for influencing changes in health-related behavior so that the student may make decisions that will affect him/her personally throughout the life cycle. The course will include in-depth study and discussions in the areas of health as it affects people physiologically, psychologically and sociologically. It will assist the students in their beliefs, attitudes, and values toward their own personal health in a rapidly changing environment.

Credits 3

Prerequisites

None

Semester Offered

Varies