

## HP 615: Personal Health Promotion

### [Health, Exercise Sci & Recreation Mgmt](#)

An advanced study of personal health promotion; information, skills, theory, and practice in assisting clients develop health-related life skills.

3 Credits

#### Instruction Type(s)

- Lecture: Lecture for HP 615
- Lecture: Web-based Lecture for HP 615

#### Subject Areas

- [Health and Physical Education, General](#)
- [Health and Physical Education/Fitness, Other](#)

#### Related Areas

- [Kinesiology and Exercise Science](#)
- [Sport and Fitness Administration/Management](#)

