

## **PH 191: Personal and Community Health** **Health, Exercise Sci & Recreation Mgmt**

A comprehensive health course, including principles and practices of healthful living for the individual and community; major health problems; responsibilities of home, school, health agencies.

3 Credits

### **Instruction Type(s)**

- Lecture: Lecture for PH 191
- Lecture: iStudy for PH 191
- Lecture: Web-based Lecture for PH 191

### **Subject Areas**

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

### **Related Areas**

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

