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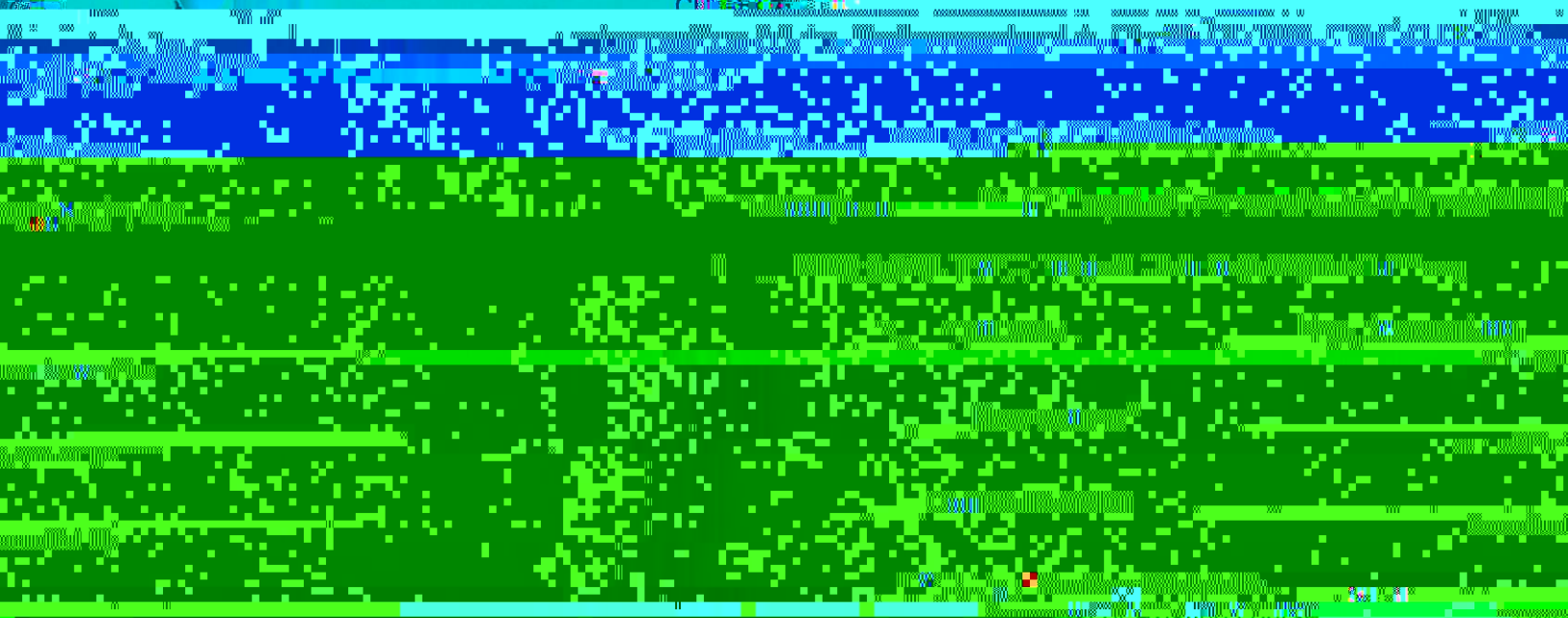
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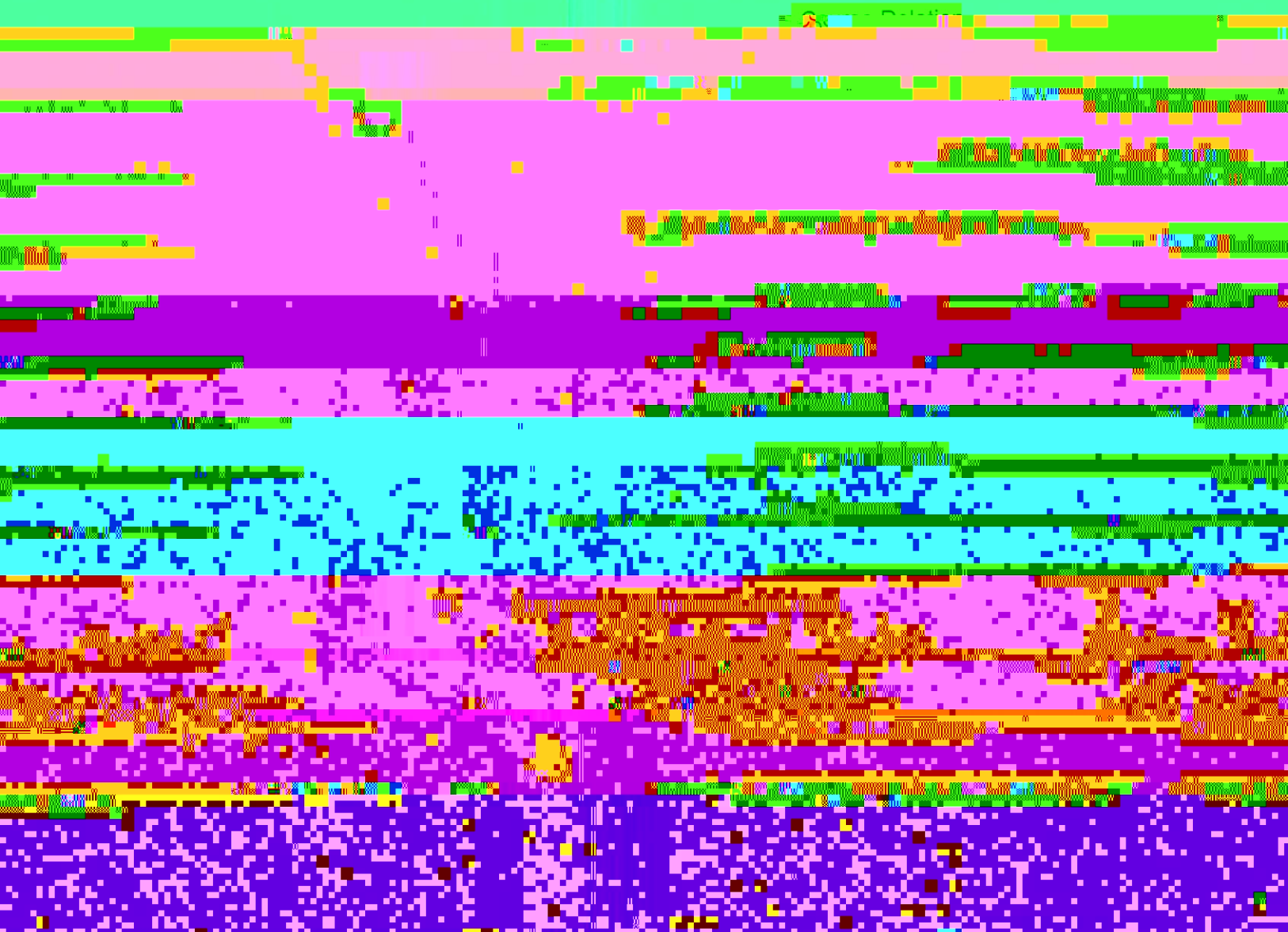
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SEP 25 1995

LIBERAL STUDIES



Number and Title of Existing Course



Part II. Description of Curriculum Change

1) New catalog descriptions

GE 415: **Health**

1C

30%

30%

Health is the state of well-being that allows an individual to perform at their highest level. This course explores the physical, mental, and social aspects of health and the role of lifestyle choices in promoting overall well-being.

Learning Objectives

Prerequisites

Students will be able to: identify the components of health, describe the relationship between health and lifestyle, and explain the importance of health in achieving personal goals.

This course is designed to provide students with a comprehensive understanding of health and its impact on daily life. It includes topics such as nutrition, exercise, stress management, and mental health.

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