**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

**Subject Areas**
- Health and Physical Education, General
- Health and Physical Education/Fitness, Other

**Related Areas**
- Health and Physical Education, General
- Health and Physical Education/Fitness, Other
- Kinesiology and Exercise Science
- Socio-Psychological Sports Studies