

## PH 191: Personal Health

### Public Health

A comprehensive personal health course, including principles and practices of healthful living for the individual. The course focuses on practices for individual health-related behaviors and outlines how to improve overall health through nutrition, fitness, stress management, and maintaining an overall healthy lifestyle.

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](#)
- [Sports Studies](#)

