



Touro University Nevada

Wellness

18- CREDIT HOUR PROGRAM

COMPLETE COURSE LISTINGS

CTAV 639 Wellness: The Environmental, Political and Social Factors (3 Credits)

This course will introduce TUN students to the basic concepts of wellness and how these concepts can have carryover value in their learning environment. The students will be asked to commit to an exercise (wellness) program that will continue throughout the CTE program. This course will also examine the environmental, political and social factors that have both a direct and an indirect effect on the wellness of individuals and groups (such as classrooms, schools and communities). By the end of the session, students will have established a personal wellness plan. They will also have gained a basic understanding of the concept of wellness as it will be used throughout the next five courses.

CTAV 640 Wellness: Healthy Choices (3 Credits)

In this course, students will study how a healthy lifestyle is affected by physical, mental, social, intellectual, and financial choices. How nutrition and exercise affect the brain, food safety, food additives, and fads, fallacies, and falsehoods of dietary and exercise programs will be examined. The class will explore mental and emotional health issues, time management, stress reduction and prevention of illness. By the end of the session, students will understand the concepts of making healthy choices. They will understand the resources available to help make healthy choices and improve their quality of life.

CTAV 641 Wellness: Unsafe and/or Dangerous Habits (3 Credits)

This course will introduce TUN students to the concept of unsafe and/or dangerous habits and how these concepts can have carryover value in their learning environment. The students will examine the overuse of legal drugs and the influences of drug advertising on drug use, with a special focus on the hazards and controversy of using tobacco. The students will examine the effectiveness of alcohol policies and how they contribute to behaviors that may become addictive. By the end of the session, students will understand the basics of dangerous habits.

CTAV 642 Wellness: Chronic Conditions, Violence and Safety (3 Credits)

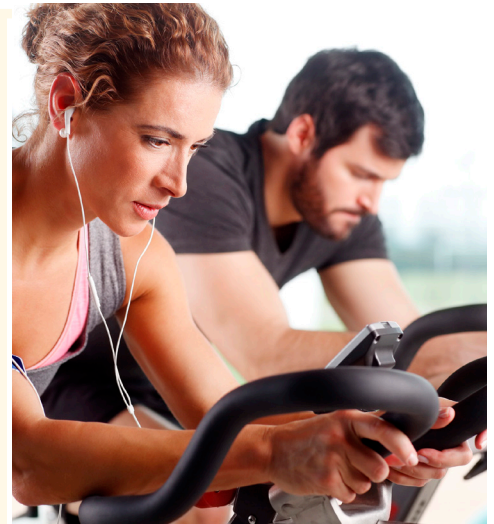
This course will introduce TUN students to the concept of chronic conditions, violence and safety and how these conditions can have carryover implications in their learning environment. It will ask the students to examine the concepts of long term illnesses and disabilities. Included in this study will be the death and dying processes. Illness and risk reduction practices will be studied for both individuals and groups. By the end of the session, students will understand the concepts of chronic conditions, violence and safety. They will understand the community resources available to individuals and groups in each of these areas.

CTAV 643 Wellness: Healthy Communities (3 Credits)

This course will introduce TUN students to the concept of healthy communities. The students will explore both mental health and mental illness. The physical health of a school will be studied with an emphasis on the prevention of illness and risk reduction practices. Throughout all six courses ongoing discussion of emotional issues, time management, and stress reduction and prevention of illness will be considered. By the end of the session, students will have an understanding of their role in helping to shape a healthy community. This course will tie together the information presented in all six courses.

CTAV 644 Wellness: Consumer Health(3 Credits)

This course will introduce TUN students to the concept of Consumer Health. Students will study the body's systems and develop an understanding of how this knowledge can help prevent illness and disease. This class will also help students become better able to evaluate advertisements for health care products/services and make more informed choices. Health Insurance issues will be discussed and students will become more educated about ways to become better consumers of health, beauty, and medical services. By the end of the session, students will understand the concepts of making healthy choices when it comes to consumer needs and wants. They will understand the resources available to help make healthy choices and improve their quality of life.



NO APPLICATION FEE!

If interested,
please complete
the TUN admission
application

**FOR MORE INFORMATION
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