

# UNIV 311: Wellness for Life

This course introduces whole-person wellness principles through the CREATION Health Model. Personal application of these principles includes choice, rest, environment, activity, trust, interpersonal relationships, outlook, and nutrition. Emphasis will also involve use of CREATION Health principles to impact the lives of others.

Online 8-week module.

**Credits:** 2

**Program:** [Kinesiology](#)

**Semester Offered:** Fall, Spring