

## B.S. Integrative Studies: Health Promotion and Wellness Concentration

### Learning Outcomes

After successfully completing this program, students will be able to:

1. Demonstrate a basic understanding of the seven dimensions of wellness - social, physical, emotional, occupational, intellectual, environmental and spiritual.
2. Identify lifestyle factors that may affect the health and wellness of an individual.
3. Develop specific health and wellness recommendations for individuals based on their needs and effectively promote positive lifestyle behaviors.