



## DUAL CREDIT CHECKLIST:

Course Name:	Lifestyle Management
Course Number:	GNED2028
Program(s) to which this course can be applied:	Successful students can apply this course to any college program that requires a general education credit at Georgian or other colleges
Can this course be used as a General Education credit?	Yes.
Is there a hands-on component to the course? Please elaborate	This course combines lectures from the instructor with videos, interactive discussions and group activities. Course content focuses on the mind, the body and the spirit in regard to personal health. Topics include nutrition, body image, personality types and stress.
Is there a textbook used with the course?	Students are expected to read assigned sections of the textbook provided.
What are the required assignments within this course?	Tests – 45%, Quizzes – 15%, Assignments - 40%

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