



DUAL CREDIT CHECKLIST:

Course Name:	Lifestyle Management
Course Number:	GNEC 2028
Is this a General Education course?	Yes
How does this course fit into the program?	General Education courses are a requirement for every college program so this course can be applied to any college program.
What is the course delivery style?	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 understanding stress. Field trips and opportunities to exercise may be included.
Is there a textbook used with the course?	Yes. Students are expected to read assigned sections of the textbook provided.
How is the course weighted?	<ul style="list-style-type: none"> • Tests 45% • Quizzes 15% • Assignments 40%
What are the required assignments within this course?	Assignments include goal setting, time management, nutrition diary, and wellness wheel.
What post-secondary opportunities are associated with this course?	As general education, this course can be applied to any college program, allowing students a lighter course load. It may also be interesting to those considering health care or fitness careers.