HES 1823-850: Scientific Principles of Health and Disease

Offered for May Intersession:
Dates: Monday through Friday, May 18th – June 1st (no class on Monday, May 31st!)
Time: 9:30 am – 2:10 pm (There will be multiple breaks!)
Location: Physical Sciences, Room 114

This course meets the Gen Ed – Natural Science Requirement!

Course Instructor:
Trent Herda, M.S.

Course Description:
Students will be exposed to the basic science-based principles needed to develop an interdisciplinary understanding of human health. The course is designed to assist students in the development of a basic understanding of the anatomical structures and physiological process that are critical to understanding the development of various diseased/disorders. Students will apply this knowledge to a fact-based model for choosing and developing appropriate lifestyle and health-related interventions (e.g., exercise, nutrition, stress management), both for health enhancement and disease prevention.