

GRANDE PRAIRIE REGIONAL COLLEGE
ADULT DEVELOPMENT DEPARTMENT

COURSE INFORMATION

COURSE NAME: WELLNESS - SC066

INSTRUCTOR: Pam Smith

PREREQUISITES: English 030 completed, or permission of Instructor

COURSE OUTLINE: This course focuses on those aspects of our lives which affect our total "wellness". The areas covered will be breathing, eating, moving, feeling, thinking, communicating, and self-responsibility.

The objective of this course is to enable each student to be in charge of is/her overall "wellness".

As this course consists primarily of discussion and in-class learning activities which supplement the lecture, credit will not be given for this course if more than 2 classes/block, ($\frac{1}{2}$ semester) are missed.

However, students may negotiate with the Instructor to do make-up work or a project if they exceed these absences and wish to earn credit.