

**Health and Wellness Certificate/
Area of Specialization (3252)**

This certificate/area of specialization provides students with a broad knowledge in exercise and fitness, nutrition and its effects on health, basic care and prevention of injuries, first aid, and emergency procedures.

HLTH 1300	Nutrition and Family Health	2
PEHR 1250	First Aid	2
PEHR 1750	Personal Health	3
PEHR 2500	Athletic Training	2

Certificate Total: 9