

HUMAN HEALTH AND NUTRITIONAL SCIENCES (HHNS)

HHNS*3000 Special Topics in Lifestyle Medicine Winter Only (LEC: 3) [0.50]

This course will explore the design and use of Lifestyle Medicine to protect and promote human health and well-being. Special topics, selected case-studies and a research project will help students understand Lifestyle Medicine as both a certified medical practice specialty for physicians and the foundation for a global self-healthcare policy from the World Health Organization.

Prerequisite(s): 9.00 credits including (1 of BIOL*1080, CREA*1000, FRHD*1100, ONEH*1000)

Restriction(s): This is a Priority Access Course. Enrolment may be restricted to particular programs, specializations or semester levels during certain periods. Please see the departmental website for more information.

Department(s): Department of Human Health and Nutritional Sciences

Location(s): Guelph