

## **Dimensions of Healthy Living**

Course code: HDD 3000

Total contact hours: 60 hours

Pre-requisite: None

### **Course Overview**

The 21st century has brought a steep increase in health concerns, from stress, drug addiction, and heart-related conditions to loneliness and depression.

Young adulthood entails critical life transitions, and therefore people in this period of life often experience health concerns more than any other. So how do young adults sustain well-being and create healthy lifestyles they can enjoy throughout their lives? This course combines research on meta-analyses of the elements that lead young adults to well-being and success and includes "me-search," where course participants can learn how they fine-tune their healthy lifestyle.

The course explores nine dimensions of healthy living: physical health, psychological and emotional well-being, educational attainment, ethical behavior, relationships, constructive engagement, executive functioning and life skills, civic engagement, and spirituality.