



UNIVERSITY of
LOUISIANA
L A F A Y E T T E

Office of First-Year Experience

A Division of Academic Affairs

<https://firstyear.louisiana.edu>

Course: UNIV 100 – Section 022 **Theme:** Science & Health

Course Topic: *Health & Wellness*

Description: In this course, we will examine how to maintain your academic progress and maintain a healthy lifestyle – in fact, we’ll see that maintaining your own wellness will in turn help you to be successful in the classroom. We’ll cover topics such as healthy relationships, sexual assault, bystander intervention, alcohol & mental health awareness, nutrition, diet, and exercise. Participants will learn ways to improve their overall health and wellness across multiple dimensions: social, emotional (mental), spiritual, environmental, occupational, intellectual and physical.