

# PE 223 : Health and Safety

**ACTS Equivalent Course Number** HEAL 1003

**Lecture Hours** 3

**Credits** 3

Health and Safety, PE 223 (HEAL 1003), is a study of the principles and concepts of health and safety for optimal wellness, including both personal and community wellness. The course requires reading and studying the text. In addition, a lecture outline and other study aids are available on the Web for each chapter. Reading and written assignments will be given for chapters 3-16.