

# VUSC 0009: Intro to Nutrition&Wellness I

Intro to Nutrition and Wellness Part I This class will help you figure out how to incorporate nutrition and fitness into a hectic college lifestyle and to continue this healthy lifestyle for your entire life. Topics will include, but are not limited to: improving dietary habits, plant-based diets, sports nutrition, dietary intolerances and food allergies, as well as the importance of weight maintenance, health, wellness and fitness

**Credits:** 1.3