

# VUSC 0014: Intro to Nutrition&Wellness II

Intro to Nutrition and Wellness II This class will continue to help you figure out how to incorporate nutrition and fitness into a hectic college lifestyle and to continue this healthy lifestyle for your r 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