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HS 295.01: Living Well with a Disability

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Living Well with a Disability

HS 295 Course U 33657 Section 1

Credits: 03

M & W 2:10 to 3:00 p.m.

SB 025

Contact Info:	James Laskin, PT, PhD	243-4757
	Barbara Cowan & Billie Jo Nelson	543-9356

Overview: Living Well with a Disability consists of both class and gym time. Topics covered during class include-

- | | |
|-----------------------------|-----------------------|
| ▪ Goal setting | ▪ Information seeking |
| ▪ Problem solving | ▪ Physical activity |
| ▪ Healthy reactions | ▪ Nutrition |
| ▪ Depression | ▪ Systems advocacy |
| ▪ Healthy
communications | ▪ Maintenance |

Two graduate students from the School of Allied Health's Physical Therapy program will assist you in setting up a fitness program.

Evaluation will be based upon:

- 1) Class participation and goal work
- 2) Attendance, including fitness sessions
- 3) Final paper

Students with disabilities who wish to request reasonable accommodations must make those requests known to the instructors as soon as possible so appropriate arrangements can be made.