



# Program: Health and Wellness Certificate

Campus: Trinidad Main Campus (TMC), Trinidad Alamosa Campus (TAC)  
Program Code: CER\_HH6  
CIP Code: 51.3306



## SMART PATH

### First Semester

Course Code	Course Name	Credit Hours
HHP 107	Managing Life's Stresses	1
HHP 161	Meditation for Health	1
HWE 100	Human Nutrition	3
HWE 103	Community First Aid and CPR	1
MST 105	Lifestyle Wellness	2
	<b>Total</b>	<b>8</b>

### Second Semester

Course Code	Course Name	Credit Hours
HHP 254	Holistic Health Level II	2
HWE 109	Weight Management and Exercise	2
HWE 124	Fitness and Wellness	2
OSH 226	Introduction to Ergonomics	3
	<b>Total</b>	<b>9</b>

**TOTAL: 17 credits**