

Sitting is the New Smoking: Understanding Health Practices and Behaviors in Society



This course focuses on the interplay between humans as “agents of change” and choice in determining their health and the role of the environment and society in shaping or limiting those choices. Multiple levels of influence on health, including individual, family, community, and society, are examined from both a micro- and macro-perspective encompassing cultural, religious/spiritual, environmental, political, and economic forces. These are compared and contrasted both within the United States (among sub-cultures and populations) and globally (across nations and regions). Current “hot-topics” of health will be interwoven into a Socio-Ecological framework exploring how these events and topics influence personal health decisions; as well as how policies at local, national, and international affect individual quality of life, the economy, and social issues.

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Dr. Janene M. Grodesky, School of Kinesiology

MWF 9:30 am-10:20 am

Room 200 French House