

# HEALTH (HELT)

---

**HELT 115 Health and Wellness in Modern Society**

**3 Credits**

Grade Mode: Standard Letter, Audit/Non Audit

This course, offered by the College of Life Sciences at Hamad Bin Khalifa University, is tailored for engineering undergraduates to understand the pivotal role of health and wellness in modern society. Integrating basic biological sciences, precision medicine, exercise science, neuroscience, and nutrition, the course highlights how these areas impact physical and mental well-being. Students will learn to apply these concepts to improve individual and community health. Through interactive lectures and practical projects, future engineers will be equipped to incorporate health considerations into their professional practice and daily lives, fostering a holistic approach to engineering and societal contributions.