

# WELLNESS

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## Wellness Requirement

All undergraduate students attending Georgia Tech must satisfactorily complete a wellness requirement.

Code	Title	Credit Hours
APPH 1040	Scientific Foundations of Health <sup>1</sup>	2
APPH 1050	The Science of Physical Activity and Health	2
APPH 1060	Flourishing: Strategies for Well-being and Resilience	2

<sup>1</sup> Previously offered as HPS 1040 (Health).