



CHAPTER 1

LEARNING OBJECTIVES

Health & Wellness, Fourteenth Edition

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Learning Objectives

Describe the medical and wellness models of health.

List the key points of the World Health Organization's definition of health.

List and describe the six dimensions of wellness.

List the three health behaviors responsible for most of the actual causes of death.

Define *lifestyle disease*.

Identify the goals of *Healthy People 2030*.

List and describe the major health issues of college students.

Describe the Health Belief Model, Transtheoretical Model, and Theory of Reasoned Action.