HS 295.01: Living Well with a Disability

James J. Laskin

University of Montana - Missoula, james.laskin@umontana.edu

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Living Well with a Disability
HS 295  Course U 33657  Section 1
Credits: 03
M & W  2:10 to 3:00 p.m.
SB 025
Contact Info:  James Laskin, PT, PhD  243-4757
Barbara Cowan &
Billie Jo Nelson  543-9356

Overview:  Living Well with a Disability consists of both class and gym time. Topics covered during class include-
- Goal setting
- Problem solving
- Healthy reactions
- Depression
- Healthy communications
- Information seeking
- Physical activity
- Nutrition
- Systems advocacy
- Maintenance

Two graduate students from the School of Allied Health’s Physical Therapy program will assist you in setting up a fitness program.

Evaluation will be based upon:
1) Class participation and goal work
2) Attendance, including fitness sessions
3) Final paper

Students with disabilities who wish to request reasonable accommodations must make those requests known to the instructors as soon as possible so appropriate arrangements can be made.