

# Course Description – Curriculum 2013

**Subject:** TU102 Social Life Skills

**Credits:** 3

**Prerequisite:** -

**Description:** Holistic health care, addressing the physical, emotional, social, and spiritual needs, which is considered. Important skills for success in leading a happy life in society. Students learn to develop their ability in physical health care to manage stress, build emotional security, understand themselves and adapt to psychological, emotional and social problems. Students also learn to understand the meaning of aesthetics, experiencing and appreciating the relationship between art and humanity in different fields, namely visual arts, music, performing arts and architecture.