

# Bemidji State University

## PHED 2200: A Lifestyle for Wellness

### A. COURSE DESCRIPTION

Credits: 2

Lecture Hours/Week: \*.\*

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

An examination of the social, emotional, mental, spiritual and physical dimensions of wellness. Students will examine their own lifestyles and learn how to make behavioral changes. Emphasis on self-esteem, nutritional habits, exercise habits and the importance of self-responsibility. Liberal Education Goal Area 9.

**B. COURSE EFFECTIVE DATES:** 08/22/1997 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Social health
2. Emotional health
3. Mental health
4. Occupational health
5. Spiritual health
6. Assessment of lifestyles
7. Individualized definition of wellness

### D. LEARNING OUTCOMES (General)

1. understand the role of wellness within our society.
2. develop a plan of personal wellness with a focus on physical activity.
3. demonstrate knowledge and understanding of their personal analysis by engaging in goal setting and evaluation related to their wellness.
4. explore wellness and fitness information provided in the common media forms.
5. be able to assess individual wellness variables.
6. modify lifestyle behaviors that are not favorable.

### E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

### G. SPECIAL INFORMATION

None noted