Bemidji State University

PHED 2200: A Lifestyle for Wellness

A. COURSE DESCRIPTION

Credits: 2
Lecture Hours/Week: 0
Lab Hours/Week: 0
OJT Hours/Week: *
Prerequisites: None
Corequisites: None
MnTC Goals: Goal 09 - Ethical/Civic Resp
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. [Core Curriculum 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. develop a plan of personal wellness with a focus on physical activity.
2. explore wellness and fitness information provided in the common media forms.
3. assess individual wellness variables.
4. modify lifestyle behaviors that are not favorable.
5. develop their capacity to critically analyze their own level of wellness.
6. acquire knowledge to examine their own dimensions of health and that within society.
7. engage in goal setting and personal evaluation based on their knowledge and understanding of concepts related to wellness.

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

Goal 09 - Ethical/Civic Resp
1. Examine, articulate, and apply their own ethical views.
2. Understand and apply core concepts (e.g. politics, rights and obligations, justice, liberty) to specific issues.
3. Analyze and reflect on the ethical dimensions of legal, social, and scientific issues.

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus
G. SPECIAL INFORMATION

None noted