

North Hennepin Community College

HLTH 1250: Wellness for Life

A. COURSE DESCRIPTION

Credits: 3

Lecture Hours/Week: 0

Lab Hours/Week: 0

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course is designed to investigate the implications of exercise, diet, nutrition, stress, and physical activity in the total health, wellness, and fitness of the individual.

B. COURSE EFFECTIVE DATES: 08/26/2004 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

D. LEARNING OUTCOMES (General)

1. Describe the dimensions of wellness, explain how each specific dimension plays a valuable role in wellbeing.
a. NHCC ELO_is: 1, 3d, 4d, 4e
2. Identify the fitness components and explain how each component plays an integral role in physical fitness.
a. NHCC ELO_is: 1, 3d
3. Identify and apply the training variables to a personal fitness program
a. NHCC ELO_is: 1, 3d
4. Discuss the behavior change process as it relates to personal wellness.
a. NHCC ELO_is: 1, 3d, 4e
5. Explain how food choices affect overall health and wellness.
a. NHCC ELO_is: 1, 3d, 4d, 4e
6. Discuss the relationship between stress and wellness.
a. NHCC ELO_is: 1, 3d, 4d, 4e
7. Examine the role fitness and wellness play on overall health and the implications on disease risk and prevention.
a. NHCC ELO_is: 1, 3d, 4d, 4e
8. Discuss the connection between health disparities, and the social determinants of health, and explain how they each contribute to wellness and fitness.
a. NHCC ELO_is: 1, 3d, 4d, 4e

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

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted