

North Hennepin Community College

EXSC 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: 08/01/2015 - 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 ELOs: 1, 3d, 4d, 4e
 - b. EXSC Goals: 1, 3d
2. Identify the fitness components and explain how each component plays an integral role in physical fitness.
 - a. NHCC ELOs: 1, 3d
 - b. EXSC Goals: 1, 3d
3. Identify and apply the training variables to a personal fitness program
 - a. NHCC ELOs: 1, 3d
 - b. EXSC Goals: 1, 3d
4. Discuss the behavior change process as it relates to personal wellness.
 - a. NHCC ELOs: 1, 3d, 4e
 - b. EXSC Goals: 1, 2a
5. Explain how food choices affect overall health and wellness.
 - a. NHCC ELOs: 1, 3d, 4d, 4e
 - b. EXSC Goals: 1, 2a
 - c. Nutrition AS Degree: 2, 5
6. Discuss the relationship between stress and wellness.
 - a. NHCC ELOs: 1, 3d, 4d, 4e
 - b. EXSC Goals: 1, 2a
7. Examine the role fitness and wellness play on overall health and the implications on disease risk and prevention.
 - a. NHCC ELOs: 1, 3d, 4d, 4e
 - b. EXSC Goals: 1, 3d
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 ELOs: 1, 3d, 4d, 4e
 - b. EXSC Goals: 1, 3d

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

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

1. Knowledge of Human Cultures and the Physical and Natural World--Through study in the sciences, mathematics, social sciences, humanities, histories, languages, the arts, technology and professions.
2. Intellectual and Practical Skills--Including: Inquiry and analysis; Critical and creative thinking; Written and oral communication; Quantitative literacy; Information literacy; Teamwork and problem solving.
3. Personal and Social Responsibility and Engagement--Including: Civic knowledge and involvement--campus, local and global; Intercultural knowledge and competence; Ethical reasoning and action; Foundations and skills for lifelong learning.