Alexandria Technical and Community College

PHED 1505: Personal Health and Wellness

A. COURSE DESCRIPTION

Credits: 2
Lecture Hours/Week: 2
Lab Hours/Week: *
OJT Hours/Week: *
Prerequisites: None
Corequisites: None
MnTC Goals: None

This course will provide an overview of health, wellness, and fitness topics. The course will explore and discuss several current issues related to those concepts including identification and awareness of social health problems and possible strategies for addressing those concerns. Students will examine how lifestyle choices/habits affect health and well-being, and develop an understanding of techniques/procedures to initiate healthy change, including study and reflection on three primary areas of fitness. Class participants will be required to assess their personal health/fitness needs and goals, and design methods to experience positive change. Active and consistent attempts to implement those individual plans will be demonstrated and evaluated.

B. COURSE EFFECTIVE DATES: 05/31/2005 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Introduce the concepts of wellness, fitness, and health. Examine how lifestyle choices affect wellness, health, and longevity on a global, national, local and personal level.
2. Study the stages of behavioral modification and the process of goal-setting. Personally evaluate wellness and apply learned concepts to health habits in need of change.
3. Research "Blue Zones" and identify characteristics of cultures of longevity.
4. Explore the impact of outside influences on our society's physical wellness; focusing on activity, nutrition, sleep, and stress.

D. LEARNING OUTCOMES (General)

1. The learner will have gained knowledge in the process of behavioral change to improve health and wellness
2. The learner will gain knowledge of concepts related to the fitness triangle, including nutrition, activity/exercise, and sleep.
3. The learner will gain understanding of the impact that life-style choices has on overall health and wellness, and identify areas in which personal change is warranted

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

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted