HLTH 1505: Personal Health & Fitness I

A. COURSE DESCRIPTION

Credits: 1
Lecture Hours/Week: 1
Lab Hours/Week: *.*
OJT Hours/Week: *.*
Prerequisites: None
Corequisites: None
MnTC Goals: None

This course studies physical fitness, personal nutritional health and stress as they relate to a healthy lifestyle. Through testing and self-assessments, the student's current status is analyzed. The student will then develop a plan that would facilitate a personal healthy lifestyle. The course will introduce a variety of subjects including cardiovascular disease, cancer risk reduction, aging and health, stress management, behavior modification and addictive behaviors.

(Prerequisites: None) (1 credit: 1 lecture/0 lab)

B. COURSE EFFECTIVE DATES: 09/26/2005 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Six dimensions of wellness
2. Relationship between health, wellness, and fitness
3. Stress management
4. Components of lifetime wellness
D. LEARNING OUTCOMES (General)
   1. Describe characteristics of good vs. poor physical fitness
   2. Understand the health and fitness consequences of physical inactivity
   3. Identify the major health problems in the United States
   4. Define wellness and list its dimensions
   5. Develop abilities to practice health-enhancing behaviors and reduce health risks
   6. Analysis of the influence of culture, media, technology and other factors on health
   7. Demonstrate ability to use goal setting and decision-making skills to enhance a healthy lifestyle
   8. Self monitor goals and progress
   9. Self-assessment need for fitness
  10. Identify a healthy weight in relationship to body fat composition
  11. Define nutrition and describe its relationship to health and wellness
  12. Describe the function of the nutrients in the human body
  13. Identify components of a healthy diet
  14. Identify causes and dietary treatment of cardiovascular disease
  15. Learn to use the USDA My Pyramid guidelines for healthy eating
  16. Identify the major sources of stress in life
  17. Define stress, eustress and distress
  18. Define the two major types of behavior patterns
  19. Define the role of physical exercise in reducing stress

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies
   None

F. LEARNER OUTCOMES ASSESSMENT
   As noted on course syllabus

G. SPECIAL INFORMATION
   None noted