Alexandria Technical and Community College

PHED 1504: Wellness and Fitness

A. COURSE DESCRIPTION

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

This course will provide an overview of topics and current concerns related to Wellness and Fitness, exploring and discussing several topics pertinent to those concepts. Identification and awareness of social health problems is a primary objective of the course. Students will research major cultural and societal influences on healthy living and attempt to determine and describe various methods of approaching these concerns. Students will examine how lifestyle choices/habits affect health and well-being, and develop 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 and design methods to address their personal health/fitness needs and goals. Active and consistent attempts to implement those individual plans will be demonstrated and evaluated.

B. COURSE EFFECTIVE DATES: 05/24/2004 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Introduce the concepts of wellness 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 these concepts to health habits in need of change.
3. Explore the impact of outside influences on our society's physical wellness; focusing on activity, nutrition and sleep.
4. Research "Blue Zones" and identify characteristics of cultures of longevity.

D. LEARNING OUTCOMES (General)

1. The learner will gain an understanding the components of a "wellness" lifestyle.
2. The learner will gain an understanding of the affects of stress, including chemical abuse stress upon the health of an individual.
3. The learner will gain an understanding of the major components of physical fitness and well being.

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

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted