Alexandria Technical and Community College

EXSC 1620: Principles of Health, Wellness, & Fitness

A. COURSE DESCRIPTION

Credits: 2
Lecture Hours/Week: 2
Lab Hours/Week: 0
OJT Hours/Week: *.*
Prerequisites: None
Corequisites: None
MnTC Goals: None

The course will provide an overview of health, wellness, and fitness, exploring several current issues related to those concepts. Study includes 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 behavior change. Class participants will be introduced to and analyze three primary areas of physical fitness. Assessment of individual health and fitness needs and goals will result in the design of methods to experience meaningful personal change. Active and consistent attempts to relate course content to the development and implementation of those individual plans will be demonstrated and evaluated.

B. COURSE EFFECTIVE DATES: 04/24/2019 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

None

D. LEARNING OUTCOMES (General)

None

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

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted