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 concepts, while exploring 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 will 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 personal methods to experience meaningful 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

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

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

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted