

Minnesota State College Southeast

HLTH 1105: 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: 07/26/2016 - 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

This course was previously HLTH 1505.