

HHP 295 : HEALTH AND FITNESS

Transcript title

Health and Fitness

Credits

3

Grading mode

Standard letter grades

Total contact hours

30

Lecture hours

30

Recommended preparation

or to be taken with WR 65 and MTH 20 or higher.

Course Description

Introduces a comprehensive overview of wellness concepts including fitness, nutrition, stress, disease prevention, and various other lifestyle factors that improve the quality of life. Each student's health and fitness is individually evaluated through a series of tests measuring cardiovascular endurance, strength, body composition, flexibility, blood pressure, nutrition, stress levels and blood lipid and blood glucose.

Course learning outcomes

1. Understand chronic health risks and how to implement holistic, lifestyle behavior change to enhance personal and community-wide safety, health, fitness.
2. Explain and analyze the role of physical, emotional, intellectual, social, and spiritual dimensions in the wellness model of health.
3. Explain how individual lifestyle choices, both positive and negative, impact lifelong health and premature morbidity and mortality.
4. Identify various techniques used to encourage behavior modification.
5. Identify the basic risk factors and components of physical fitness and their influence on quality of life.
6. Demonstrate an awareness of the dynamics of chemical use and abuse and its impact on lifelong health.
7. Summarize basic nutritional concepts and their influence on weight control, energy production, and the prevention of disease.
8. Apply basic stress principles, including definitions, sources, and management techniques, and show how these principles impact the wellness model.
9. Measure and evaluate one's personal wellness profile using various assessment techniques such as quantitative reasoning on both a written and oral format.
10. Analyze current trends of Americans that adversely affect health in areas such as cancer, cardiovascular disease, STDs, poor stress management and hypokinetic diseases.
11. Demonstrate writing and interpretation skills through informal and formal writing, self-reflection, and comparative analysis.
12. Demonstrate basic math skills through laboratory and in-class assignments.

General education/Related instruction lists

- Health