

**MIAMI DADE COMMUNITY COLLEGE
DEPARTMENT OF BIOLOGY, HEALTH, AND WELLNESS**

**WELLNESS
HLP 1080
(2 CREDIT)**

RATIONALE

Innate to men and women is the desire to live productively, usefully and happily. In order to accomplish these worthwhile goals, individuals must be relatively free from disease, possess the ability to select positive personal habits, and be able to recognize stress and tension. Therefore, one must gain the knowledge which will enable him/her to differentiate lifestyles and select those behaviors which have the greatest potential for maximum quality of life.

HLP 1080 course content enables the student to assess their present aerobic fitness level, lung capacity, percentage of body fat, flexibility and strength. From data collected, the student will be able to set personal wellness goals. Lectures, demonstrations, and multi-media materials will be used to provide the scientific basis for meeting ones personal wellness goals.

GOALS

1. students will perform selected fitness assessments and be able to interpret their results.
2. students will be able to recognize health risk factors.
3. students will be able to design an individualized fitness program, and appreciate the values of maintaining appropriate levels of physical fitness.
4. students will enhance their lifestyle by participating in wellness activities.

OBJECTIVES

1. Each student will determine his/her present fitness level through group and self assessment activities. (psychomotor)
 - a. EVALUATION at the completion of HLP 1080 the student will be able to assess his/her personal fitness level in the area of:
 - i. Resting heart rate
 - ii. Resting and post exercise blood pressure
 - iii. Flexibility
 - iv. Strength
 - v. Target heart rate
 - vi. Body fat
 - vii. Vital capacity
 - viii. Oxygen uptake
 - ix. Muscular endurance

- b. **STRATEGIES AND RESOURCES** student will obtain his/her information and knowledge thru laboratory experiences in each physical parameter measured, individual and group experiences.

Resources:

- i. Bicycle ergometers
- ii. Fat calipers
- iii. Dry spirometers
- iv. Grip dynamometers
- v. Sphygmomanometers
- vi. Heart rate monitors
- vii. Timing devices
- viii. Measuring devices
- ix. A variety of exercise modalities including treadmills, stationary bikes, step machines, and other available equipment.

2. The student will demonstrate the ability to develop a fitness program based on their assessment and personal goals. (cognitive)

- a. **EVALUATION** at the completion of HLP 1080 the student will be able to:

- i. Complete a medical history form
- ii. Complete and interpret a fitness assessment recording form
- iii. Interpret an activity log
- iv. Interpret a nutritional computer analysis

- b. **STRATEGIES AND RESOURCES** student will obtain his/her information and knowledge thru class handouts, laboratory reports, internet fitness links, and videos.

3. The student will demonstrate an awareness of the values of maintaining a healthy lifestyle. (affective)

- a. **EVALUATION** at the completion of HLP 1080 it is expected that the student will be able to:

- i. Maintain a life-long program of wellness
- ii. Promote sound nutritional choices
- iii. Promote positive, health habits
- iv. Complete an annual physical examination

- b. **ADDITIONAL SUGGESTED STRATEGIES AND RESOURCES** are health records and activity logs.

FORMAT

Lectures -- The need for Physical Activity; Heart and Circulation; Respiration; Oxygen Uptake; Body Fat, Dieting and Weight Control; Strength and Flexibility;

Blood Pressure; Smoking; Stress and Tension; Alcohol; Designing an appropriate aerobic and muscular fitness program.

Laboratories and Projects:

Resting Heart Rate, Heart Rate Training Zone, Blood Pressure, Lung Capacity, Body Fat Percentage, Sub-Maximum Oxygen Uptake, Vital Capacity, Strength and Flexibility, Muscular Endurance, Daily Exercise Log, Dieting and Weight control.

GRADING FORMULA FOR DETERMINING FINAL GRADE

- A. Any student who wishes to withdraw from IHP 1080 for any reason is responsible for submitting a drop card to the Registrar's Office on or before the deadline for such action. The instructor will not drop your name from the roll if you are not attending, nor assign a "W" at the end of the term. The last day for withdrawal is
- B. Incomplete grades (I) will be reported only for students who have been determined by the instructor to have a legitimate reason for not completing the course. A request form for an incomplete must be signed by the student and the instructor before the last day of class and submitted with the instructor's class grade roll.
- C. Grades will be based on the number of visits to the Wellness Center, class attendance, completion of nutrition assignments, mid term and final exams. During each visit to the Wellness Center you must complete a cardiovascular workout of at least 30 minutes and your workout must last at least 45 minutes. A maximum of one visit per day will be allowed for grading purposes.
- D. Points will be as follows:

Class Attendance	5 points
Visits to Wellness Center	2.5 points
Mid Term Exam	20 points
Nutrition Assignment	20 points
Final Exam	40 points

FINAL GRADES BASED ON THE FOLLOWING:

A=	150+
B=	149-110
C=	109-70
D=	69-30
F=	29-0

CLASS MEETING: make-up quizzes or tests are not given automatically. The instructor will be the one to determine if a make-up test is justified.

Absenteeism is probably the primary cause of student failure in most college courses. Teachers have the option of lowering grades of those students who are excessively absent or tardy. Please feel free to discuss your attendance and the effects it could have on your final grade with the instructor.

INJURY/PRECAUTION:

Most injuries related to aerobic activities are minor in nature but frequently include injuries such as sprained ankles, blisters and sore muscles. There are however some very serious injuries and life threatening conditions that can result when individuals attempt feats for which they are not physically prepared or do not apply proper precautionary guidelines.

In order to reduce the possibility of injury and maintain a safe environment students are required to:

1. warm-up prior to participating in any activity
2. wear proper fitting footwear and appropriate workout attire.
3. obtain a medical history involving circulatory disorder
4. reduce or eliminate all participation during period of sickness especially if the participant has a fever.
5. cease all activity if pain, nausea or light headiness occurs.

NOTE: MDCC DOES NOT CARRY INSURANCE ON STUDENTS

student signature date

instructor signature date