



**Biology Health and Wellness Discipline**

**FITNESS AND WELLNESS FOR LIFE**  
***HLP 1081***

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.

***CATALOG DESCRIPTION***

HLP 1081 course content enables students to assess their present aerobic fitness level, lung capacity, percentage of body fat, flexibility, strength and dietary habits. From the data collected, fitness and nutritional plans are prescribed and implemented. Lectures, demonstrations, media presentations, exercise training, mathematical calculations and computer analyses are used to provide the scientific basis for selecting those habits, behaviors, programs which, if applied, will enable students to maintain the highest qualities of health and physical fitness throughout their lives. (3 Credits)

**COMPETENCIES**

- Students will develop the essential skills to analyze a variety of individual physiological measurements and improve their current fitness levels.
- Students will become knowledgeable in recognizing health risk factors, be able to design individualized programs in exercise, nutrition and stress management, and appreciate the value of maintaining these programs.
- Students will enhance and improve their lifestyle by participating in worthwhile and physically beneficial fitness activities.

**OBJECTIVES**

- Students will evaluate their present physical condition through group and self-testing activities by:

-assessing their personal physical condition in the areas of resting heart rate, target heart rate, resting post exercise blood pressure, flexibility, muscular strength, muscular endurance, body composition, vital capacity, and maximum oxygen uptake.

-experiencing sessions in each measurable physical parameter including individual, dual and group work using bicycle ergometers, fat calipers, dry spirometers, grip dynamometers, stethoscopes, sphygmomanometers heart rate monitors, timing devices and a variety of exercise modalities including: treadmills, bicycles, resistant step machines, rowing machines and strength training equipment

- Students will design an aerobic program, a sound nutritional plan and a successful stress management program by:

Evaluating a health fitness survey form, maintaining an activities recording form , interpreting a fitness computer analysis, identifying stress symptoms and applying stress managing stress.

- Students will demonstrate an awareness of the values of maintaining Physical fitness and understand the benefits of a healthy lifestyle by:

Maintaining a life-long wellness program, being prudent and selective in nutritional choices, minimizing/eliminating life-long negative health habits, undergoing an annual physical examination and managing stress.

### **COURSE INJURY/PRECAUTION STATEMENT**

Most injuries related to HLP1081 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 to perform feats for which, they are not physically prepared or do not apply proper precautionary guidelines. The HLP 1081 course follows guidelines and recommendations from the American College of Sports Medicine (ACSM). 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 clothing with particular consideration for the high temperature and humidity frequently found in the South Florida area.
3. Obtain a medical history involving circulatory, respiratory, and skeletal disorders.
4. Obtain medical clearance for approval for participation when necessary
5. Reduce or eliminate all participation during period of sickness especially during a fever.
6. Cease all activity if pain, nausea or light-headedness occurs.

***M-DCC DOES NOT CARRY INSURANCE ON STUDENTS.***