

## Course Competencies Template - Form 112

GENERAL INFORMATION			
Name: Sandra Schultz	7-8115		
Course Prefix/Number: HLP 1081	Course Title: Fitness and Wellness for Life		
Number of Credits: 3			
Degree Type	<input type="checkbox"/> B.A. <input type="checkbox"/> B.S. <input type="checkbox"/> B.A.S <input checked="" type="checkbox"/> A.A. <input type="checkbox"/> A.S. <input type="checkbox"/> A.A.S. <input type="checkbox"/> C.C.C. <input type="checkbox"/> A.T.C. <input type="checkbox"/> V.C.C		
Date Submitted/Revised: 10/25/07	Effective Year/Term: 2007-2		
<input type="checkbox"/> New Course Competency <input checked="" type="checkbox"/> Revised Course Competency			
Course to be designated as a General Education course (part of the 36 hours of A.A. Gen. Ed. coursework): <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No			
The above course links to the following Learning Outcomes: <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> <input type="checkbox"/> Communication  <input checked="" type="checkbox"/> Numbers / Data  <input checked="" type="checkbox"/> Critical thinking  <input checked="" type="checkbox"/> Information Literacy  <input type="checkbox"/> Cultural / Global Perspective               </td> <td style="width: 50%; vertical-align: top;"> <input checked="" type="checkbox"/> Social Responsibility  <input type="checkbox"/> Ethical Issues  <input type="checkbox"/> Computer / Technology Usage  <input type="checkbox"/> Aesthetic / Creative Activities  <input checked="" type="checkbox"/> Environmental Responsibility               </td> </tr> </table>		<input type="checkbox"/> Communication <input checked="" type="checkbox"/> Numbers / Data <input checked="" type="checkbox"/> Critical thinking <input checked="" type="checkbox"/> Information Literacy <input type="checkbox"/> Cultural / Global Perspective	<input checked="" type="checkbox"/> Social Responsibility <input type="checkbox"/> Ethical Issues <input type="checkbox"/> Computer / Technology Usage <input type="checkbox"/> Aesthetic / Creative Activities <input checked="" type="checkbox"/> Environmental Responsibility
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Course Description (limit to 50 words or less, <b>must correspond with course description on Form 102</b> ):  In this course students will learn the roles of exercise, physical activity, diet, and stress management in achieving optimal wellness. Students will explore current developments in health and complete lab assignments, which will assist in the determination of their current health status. Individualized exercise and dietary protocols based on these assessments will be developed. Special fee. (3 hr. lecture/lab).			
Prerequisite(s):	Corequisite(s):		

**Course Competencies:** (for further instruction/guidelines go to: <http://www.mdc.edu/asa/curriculum.asp>)

1. Upon successful completion of this course, students will be able to define the concept of wellness by:

- a. Describing the elements of the six dimensions of wellness.
- b. Identifying the major health problems in the United States.
- c. Describing the benefits and the significance of participating in a lifetime fitness and wellness program.
- d. Describing the behaviors that are part of a fit and well lifestyle.
- e. Summarizing the steps in creating a behavior management plan to change a wellness-related behavior.

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<b>Approved By Academic Dean Date:</b> _____	

2. Upon successful completion of this course, students will be able to describe strategies to help maintain lifelong fitness by:

- a. Recognizing the amount of physical activity that is recommended for developing health and fitness.
- b. Identifying components of physical fitness and how each component affects wellness.
- c. Explaining the goals of physical training and the basic principles of training.
- d. Describing how to make an exercise program safe, effective, and successful.
- e. Devising a successful personal fitness program.
- f. Describing strategies to help maintain lifelong fitness.
- g. Demonstrating knowledge of care, prevention, and treatment of exercise injuries.
- h. Recognizing causes and symptoms of heat stroke, heat exhaustion, and heat cramps.

3. Upon successful completion of this course, students will be able to explain the importance of cardiovascular fitness to optimal health and physical performance by:

- a. Identifying the basic structural components of the heart and circulatory system.
- b. Identifying the cellular components of blood and their function.
- c. Describing the path of blood as it travels through the body.
- d. Comparing the significance of heart rate and blood pressure values as a result of cardiorespiratory training on the cardiovascular system.
- e. Evaluating resting and exercise heart rates.
- f. Applying the principles of cardiorespiratory exercise prescription (intensity, duration, frequency, and mode) to a personal exercise program.

4. Upon successful completion of this course, students will be able to explain the value of muscular strength and endurance to fitness and wellness by:

- a. Identifying the basic structural components of muscle tissue.
- b. Recognizing the different classifications of muscles.
- c. Describing types of muscular contractions and their significance to training and performance.
- d. Demonstrating the principles of progressive resistance exercise as it relates to muscle fitness and the prevention of injuries.

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5. Upon successful completion of this course, students will be able to explain the importance of muscular flexibility to adequate fitness standards by:

- a. Describing the different types of stretching exercises and how they affect muscles.
- b. Listing safe stretching exercises for major body joints.
- c. Demonstrating how proper body mechanics can lead to improved neck and back health.

6. Upon successful completion of this course, students will be able to explain how body composition affects overall health and wellness by:

- a. Defining fat-free mass, essential fat, and non-essential fat and describing their functions in the body.
- b. Describing how body mass index, body composition, and body fat distribution are measured and assessed.

7. Upon successful completion of this course, students will be able to describe the relationship of proper nutrition to health and wellness by:

- a. Listing the essential nutrients and describing the functions they perform in the body.
- b. Demonstrating how to use food labels to make informed choices about foods.
- c. Evaluating a comprehensive nutrient analysis and implementing changes in their personal diet to meet the Dietary Reference Intakes (DRIs).

8. Upon successful completion of this course, students will be able to explain the importance of achieving and maintaining a healthy body weight by:

- a. Describing the health consequences of obesity.
- b. Explaining genetic, physiological, lifestyle, and psychosocial factors that may contribute to weight problems.
- c. Analyzing the physiology of weight loss and weight gain and the effects of diet and exercise on metabolic rate.
- d. Evaluating strategies for managing eating to control body fatness.
- e. Describing symptoms of eating disorders and the health risks associated with them.

9. Upon successful completion of this course, students will be able to explain stress and the physical, emotional, and behavioral reactions to stress by:

- a. Recognizing various sources of stress and positive coping strategies.
- b. Describing the three stages of Selye's General Adaptation Syndrome.

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10. Upon successful completion of this course, students will be able to describe the major forms of cardiovascular disease and how they develop by:

- a. Recognizing the risk factors that predispose people to heart disease and the long term effects on the heart and circulatory system.
- b. Explaining the effects of cholesterol and triglycerides on the development of coronary artery disease.
- c. Identifying steps to reduce blood pressure.
- d. Listing steps to reduce risk of cardiovascular disease.

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