Course Number: HLP1081

Course Title: Wellness: Practice & Theory

Div/Dept Code: PHEDWELL
Subject Code: WELL
Effective Term: 19901
End Term: _________

Course/Credit Type (Check One only):

- A & P
- PSV (AS only)
- PSV Dual (Transfer)
- PSAV
- College Prep
- ABE/ESL
- GED
- Adult Secondary
- Voc Prep

Contact/Credit Hours:
- Lecture Hours: 45
- Lab Hours: ________
- Other: ________
- Clock Hours: ________
- Total Credits: 3

ICS Code: 11408
CEU Approved: Yes

Prerequisites: ____________________________________________________________________________
Corequisites: ____________________________________________________________________________

General Education:
- No
- Yes, AA and AS
- Yes, AS Only
- Area: ____________

Gordon Rule:
- No
- Yes, Word Count

Scheduling:
- Fall
- Spring
- Summer
- All
- As needed

Special Equipment/Facilities: None

Recommended Text/Software: A Wellness Way of Life - Robbins-Powers-Burgess, 1999

Course Catalog Description: Wellness: Practice and Theory, 3 credit hours, 45 lec. (Fall, Spring & Summer)
A course designed to promote wellness through assessment, instruction and fitness programs which, applied,
will enable the individual to achieve and/or maintain a high quality of health and fitness throughout life. Based on
assessment test results a physical examination by a physician may be recommended.

Revised: 9/98, revised 10/98, 1/99
Course Number HLP1081  Title Wellness: Practice & Theory

Prepared by Greg Peters  Date 8/8/00

Director/Chair Mickey Englett  Date 8/8/00

Criteria: (1) Direction oriented; (2) student oriented — written in terms of what students will accomplish; (3) provide the lay reader with an understanding of the substance of the course; and (4) the number of statements should be sufficient to clearly identify the mission of the course.

<table>
<thead>
<tr>
<th>Goal Number</th>
<th>Statement</th>
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</thead>
<tbody>
<tr>
<td>1.</td>
<td>The student will demonstrate understanding of the role of total fitness in daily life</td>
</tr>
<tr>
<td>2.</td>
<td>The student will demonstrate understanding of the health related components of fitness, risk factors of heart disease, nutrition and weight control, training principles, and techniques.</td>
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<tr>
<td>3.</td>
<td>The student will demonstrate awareness of the role of exercise in developing physical fitness.</td>
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<tr>
<td>4.</td>
<td>The student will demonstrate understanding of and participate in tests designed to assess present fitness level and attitudes.</td>
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<tr>
<td>5.</td>
<td>The student will participate in a safe program of activity to improve/maintain his/her physical fitness level.</td>
</tr>
<tr>
<td>6.</td>
<td>The student will create a wellness plan designed to improve and/or maintain his/her physical fitness level.</td>
</tr>
</tbody>
</table>

In addition to the specific course goals listed above this course also addresses the college’s Critical Thinking General Education Goal/Outcome through the following Student learning Outcome (SLO):

SLO 1  The student will apply reflection, analysis, synthesis, logical reasoning, and evaluation to formulate judgments, reach decisions, and solve problems.
COURSE SYLLABUS — PART III
PERFORMANCE OBJECTIVES

Course Number HLP1081
Date 8/8/00
Prepared by Greg Peters
Course Title Wellness: Practice & Theory
Director/Chair Mickey Englett

A specific objective is one in which the outcome and the level of achievement are defined in measurable terms.

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<th>Related Goals</th>
<th>Objective Statement</th>
<th>Evaluation</th>
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<tr>
<td>1</td>
<td>1,2,3 SLO 1</td>
<td>The student will demonstrate awareness of attitudes and behaviors 2. fitness training principles 3. goal setting 4. cardiorespiratory endurance 5. strength 6. muscle endurance 7. flexibility 8. body composition 9. nutrition 10. weight control</td>
<td>(1,2,3) Written examination(s) on all lectures, handouts, and video programs. A grade of “C” denotes basic competence. The specific percentage for the “C” may vary with the instructor, but in no case is a “C” awarded for less than 70% mastery of the assignment.</td>
</tr>
<tr>
<td>2</td>
<td>4 SLO 1</td>
<td>The student will participate in the following testing activities: 1. resting heart rate 2. blood pressure 3. flexibility 4. heart rate recovery 5. absolute strength 6. dynamic strength 7. aerobic power 8. body composition 9. height and weight 10. cholesterol 11. nutritional analysis</td>
<td>(4,5) To be measured by the use of appropriate tests, devices, and/or machines. A grade of “C” denotes basic competence. The specific percentage for the “C” may vary with the instructor, but in no case is a “C” awarded for less than 70% mastery of the assignment.</td>
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<td>3, 5, 6</td>
<td>3, 5 SLO 1</td>
<td>The student will learn regularly engage in the following types of exercise programs: 1. aerobic heart rate 2. muscular strength and endurance 3. flexibility within the parameters of safety and comfort with regard to: (a) warm-up, cool-down techniques (b) body mechanics (c) data collection (d) evaluation of data (e) exercise progression (f) frequency, intensity, duration (g) techniques of stretching (h) entry level into program</td>
<td>Dialectic – Fifty (50) Points Written examinations will be administered from materials used in class lectures and/or textbook assignment. Performance – Fifty (50) Points A maximum of fifty (50) may be received through active participation in the health-related components of physical fitness: Cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition. A grade of “C” denotes basic competence. The specific percentage for the “C” may vary with the instructor, but in no case is a “C” awarded for less than 70% mastery of the assignment.</td>
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