A comprehensive course that focuses on disease prevention, physical activity, nutrition, and general health facts. The course is designed to help each student take responsibility for their overall health and learn practical ways of achieving a safe and healthy lifestyle. Course topics include self-assessment, wellness improvement plan, personal program design, exercise research investigation, and exercise critical thinking issues. Prerequisites: None.

B. **Course Effective Dates:** 8/22/02 – Present

C. **Outline of Major Content Areas**

   As noted on course syllabus

D. **Learning Outcomes**

   1. Apply the principles of muscular flexibility
   2. Apply the principles of resistance training
   3. Assess muscular endurance and strength
   4. Calculate desired body weight from given body fat percentage
   5. Compare and contrast aerobic and anaerobic training
   6. Comprehend the special nutrient needs of athletes and women
   7. Create a cariorespiratory exercise prescription for a healthy individual
   8. Create a healthy diet
   9. Create alternatives for overcoming barriers to change
   10. Debate the importance of practicing healthy behaviors over the course of a lifetime
   11. Define health fitness standards
   12. Define physical fitness standards
   13. Describe the seven dimensions of wellness
   14. Design a resistance training program for a healthy adult
15. Differentiate between fitness and wellness
16. Differentiate between health-related fitness components and skill-related fitness components
17. Differentiate between maximal and submaximal oxygen uptake assessments
18. Differentiate between overweight and obesity
19. Differentiate between the five main fitness components
20. Differentiate between various body composition assessment methods
21. Discuss the recommendation amounts of the six major nutrients
22. Discuss various sexually transmitted diseases and ways to prevent them
23. Distinguish between different exercise-related injuries
24. Distinguish between the functions of the six major nutrients
25. Examine role of lifestyle behaviors in cardiovascular disease and cancer prevention
26. Examine the concept of addiction
27. Examine the physiology of weight loss
28. Explain injury treatment and prevention techniques
29. Identify barriers to change
30. Identify different oxygen uptake assessments
31. Perform resting heart rate readings
32. Practice various techniques for managing stress
33. Recognize the causes, signs, and symptoms of eating disorders
34. Recognize the warning signs of cancer
35. Review techniques to promote smoking cessation

E. **Minnesota Transfer Curriculum Goal Area(s) and Competencies**

F. **Learner Outcomes Assessment**
   
   As noted on course syllabus

G. **Special Information**

   None noted