



MASTER COURSE OUTLINE

Prepared By: Andrea Elliott

Date: August 2020

COURSE TITLE

Lifetime Wellness

GENERAL COURSE INFORMATION

Dept.: PEH

Course Num: 100

(Formerly:)

CIP Code: 34.0103

Intent Code: 11

Program Code:

Credits: 3

Total Contact Hrs Per Qtr.: 33

Lecture Hrs: 33

Lab Hrs: 0

Other Hrs: 0

Distribution Designation: Specified Elective SE

COURSE DESCRIPTION (as it will appear in the catalog)

Lifetime Wellness is designed to promote the student's understanding of their physical, emotional, and social health needs, and to develop strategies to meet these needs and improve overall health and well-being.

PREREQUISITES

None

TEXTBOOK GUIDELINES

Determined by Instructor

COURSE LEARNING OUTCOMES

Upon successful completion of the course, students should be able to demonstrate the following knowledge or skills:

1. Assess their individual levels of wellness and understand enhancement strategies.
2. Describe current stressors in their lives and how to effectively cope with or eliminate the sources of stress.
3. Analyze their current fitness levels and develop a realistic health modification plan for their current lifestyle.
4. Identify ways to improve communication and relationships with others.
5. Describe the health risks of addictive behaviors, including binge drinking, drug abuse, and tobacco use.
6. Identify a lifestyle change they intend to make to improve their overall wellness.

INSTITUTIONAL OUTCOMES

None

COURSE CONTENT OUTLINE

1. Assessing Health
2. Psychological Health
3. Stress Management
4. Healthy Relationships
5. Drugs and Alcohol
6. Diet and Fitness

7. Disease and Prevention
8. Other Factors that Impact Health

DEPARTMENTAL GUIDELINES *(optional)*

Reinforces the National Association of Sport and Physical Education (NASPE standards)

1. Students will comprehend concepts related to health promotion and disease prevention.
2. Students will analyze the influences of family, peers, culture, media, technology and other factors on health behaviors.
3. Students will demonstrate the ability to use decision-making skills to enhance health.
4. Students will demonstrate the ability to use goal-setting skills to enhance health.

Program Outcome 5 (PO5) "Students will be able to solve problems by gathering, interpreting, combining and/or applying information from multiple sources." will be assessed.

DIVISION CHAIR APPROVAL

DATE