

HLED-1130 CONCEPTS OF HEALTH & WELLNESS 3 CREDITS

SYLLABUS

CATALOG DESCRIPTION

Introduces the student to the “Seven Dimensions of Wellness” (physical, emotional, intellectual, interpersonal, spiritual, environmental, and financial). This course addresses topics including fitness, exercise, nutrition, stress management and chronic lifestyle-related diseases.

Formerly PHED 125 Personal Health and Wellness

Prerequisites: None

Semester Offered: Fall, Summer, Spring

COMMON STUDENT LEARNING OUTCOMES

Upon successful completion of San Juan College programs and degrees, the student will demonstrate competency in...

BROAD AND SPECIALIZED LEARNING

Students will actively and independently acquire, apply, and adapt skills and knowledge with an awareness of global contexts.

CRITICAL THINKING

Students will think analytically and creatively to explore ideas, make connections, draw conclusions and solve problems.

CULTURAL AND CIVIC ENGAGEMENT

Students will act purposefully, reflectively, and ethically in diverse and complex environments.

EFFECTIVE COMMUNICATION

Students will exchange ideas and information with clarity in multiple contexts.

INFORMATION LITERACY

Students will be able to recognize when information is needed and have the ability to locate, evaluate, and use it effectively.

INTEGRATING TECHNOLOGIES

Students will demonstrate fluency in the application and use of technologies in multiple contexts.

Student work from this class may be randomly selected and used anonymously for assessment of course, program, and/or institutional learning outcomes. For more information, please refer to the Dean of the appropriate School.

COURSE LEARNING OUTCOMES

Upon successful completion of the course, the student will be able to...

1. Demonstrate the ability to make evidence-based decisions regarding health and wellness practices.

2. Demonstrate the ability to engage in various forms of health-related fitness activities and discuss appropriate modifications to such activities to account for individual differences.
3. Evaluate their current behavior and differentiate between health enhancing and health limiting behaviors.
4. List some approaches to successful stress management.
5. Demonstrate knowledge of appropriate behavior change strategies.
6. Demonstrate knowledge of the “Seven Dimensions of Wellness” (physical, emotional, intellectual, interpersonal, spiritual, environmental, and financial).
7. Identify nutritional requirements and components of a healthy diet.