

SOUTH SEATTLE COMMUNITY COLLEGE

Academic Programs

COURSE OUTLINE

Revision: Janet Kapp, May 2011

DEPARTMENT: Academic Programs

CURRICULUM: College Transfer

COURSE TITLE: Human Wellness and Fitness

COURSE NUMBER: HEA 160

TYPE OF COURSE: Health
Special Requirement Met: None

AREA(S) OF KNOWLEDGE: Living World

COURSE LENGTH: 1 quarter

CREDIT HOURS: 5

LECTURE HOURS: 55

LAB HOURS: 0

CLASS SIZE: 35

PREREQUISITES: NONE

COURSE DESCRIPTION:

A comprehensive study of human fitness and wellness. Fully explores topics in physical fitness, including exercise physiology and training concepts. In addition, the course explores basic concepts in nutrition, weight management, chronic disease prevention, and health promotion. Students will assess his/her fitness level and will design an individualized program for to achieve and/or maintain fitness. Course material is compatible with the American College of Sports Medicine requirements for certification as a personal trainer.

STUDENT LEARNING OUTCOMES ADDRESSED:

1. Communication-Read and listen actively to learn to communicate.
2. Computation-Apply quantitative skills for personal and academic purposes.
3. Human Relations - Use social interactive skills to work in groups effectively. Recognize the diversity of cultural influences and values.

4. Critical Thinking and Problem Solving - Think critically in evaluating information, solving problems and making decisions.
5. Personal Responsibility - Be motivated and able to continue learning and adapt to change. Be aware of civic and environmental issues.
6. Information Literacy - Use information to achieve personal, academic and career goals as well as to participate in a democratic society.

GENERAL COURSE OBJECTIVES:

Upon completion of this course the student will:

1. Understand and adopt exercise and physical activity goals that are appropriate to their lifestyle and abilities. Set an individualized fitness goal.
2. Understand and apply principles of exercise physiology.
3. Identify their individual cardiovascular endurance abilities and apply to designing an individualized fitness program.
4. Understand guidelines for injury prevention and safety when engaging in a fitness program.
5. Understand, identify and discuss their consumption of carbohydrates, lipids, protein, vitamins, and minerals and make adjustments in their daily intake if needed. Create a personal diet plan.
6. Identify and understand their individual body composition and recommended body weight. Recognize cultural influences on body image and weight status.
7. Understand the principles of muscular strength, endurance, and flexibility exercise. Incorporate these principles into an individualized fitness program.
8. Understand and discuss physical fitness and nutrition prevention strategies to reduce risk of chronic disease.
9. Be able to discuss and apply principles of human behavior in setting long and short term fitness goals.

TOPICAL OUTLINE:

- I. Wellness and fitness standards
Goal setting and behavior change for fitness
- II. Assessing individual fitness level and abilities.
Safety and injury prevention
- III. Exercise physiology
- IV. Principles of muscular strength, flexibility, and strength training.
- II. Overview of nutrition for physical health
Planning a nutritious diet
- III. Body composition and weight management
- IV. Principles of muscular strength, flexibility, and strength training.
- V. Chronic disease risk reduction
- VI. Designing an individualized fitness program.

HEA 160

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DATE: May 2011

SLO #	Included in Course Objective Number	SSCC Student Learning Outcomes
SLO 1.1	1-9	Communication - Read and listen actively
SLO 1.2	1, 5	Communication - Speak and write effectively
SLO 2.1	2, 3, 5	Computation - Use mathematical operations
SLO 2.2	2, 3, 5	Computation - Apply quantitative skills
SLO 2.3		Computation - Identify, interpret, and utilize higher level mathematical and cognitive skills
SLO 3.1	3, 7, 9	Human Relations - Use social interactive skills to work in groups effectively
SLO 3.2	1, 5, 6	Human Relations - Recognize the diversity of cultural influences and values
SLO 4.1		Critical Thinking and Problem Solving -
SLO 5.1		Technology - Select and use appropriate technological tools
SLO 6.1	1, 3, 5, 9	Personal Responsibility - Be motivated and able to continue learning and adapt to change
SLO 6.2		Personal Responsibility - Value one's own skills, abilities, ideas and art
SLO 6.3		Personal Responsibility - Take pride in one's work
SLO 6.4	1, 3, 5, 8, 9	Personal Responsibility - Manage personal health and safety
SLO 6.5		Personal Responsibility - Be aware of civic and environmental issues
SLO 7.1		Information Literacy - Access and evaluate information
SLO 7.2		Information Literacy - Use information to achieve personal, academic, and career goals, as well as to participate in a democratic society