A. COURSE DESCRIPTION

Credits: 1
Lecture Hours/Week: 1
Lab Hours/Week: *.*
Prerequisites: None
MnTC Goals: None

Healthy Living for Today's Truck Driver is a course in basic skills concerning lifestyle choices in diet, exercise, and emotional well-being for truck drivers. Students will learn basic concepts of calorie counting and healthy dietary choices. Students will learn basic concepts of mobility and flexibility. Students will learn coping mechanisms to deal with real life situations pertaining to mental health and stress typically associated with a truck driver’s lifestyle.

B. COURSE EFFECTIVE DATES: 01/09/2017 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Choosing the right foods to eat while over the road
2. Making sense of counting calories
3. Physical fitness and fitness regimes without gym equipment
4. Mobility
5. Factors that affect emotional wellbeing for an over-the-road driver
   A. Family time/Away time
   B. Budgets
   C. Healthy sleep patterns while operating a truck
6. Overcoming family stressors

D. LEARNING OUTCOMES (General)

1. Students will design a diet consistent with an over-the-road lifestyle.
2. Students will learn how to track calories.
3. Students will recognize healthy lifestyle eating habits.
4. Students will design and implement a physical fitness plan.
5. Students will identify lifestyle stressors.
7. Students will list and explain sexually transmitted diseases.

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

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus
G. SPECIAL INFORMATION

HCC COMPETENCIES MET:
Communicating clearly and effectively.

STUDENT CONTRIBUTIONS:
Students are expected to attend all class sessions, participate in all activities and discussions, listen to and follow directions, complete assignments on time, and request assistance when needed. Students should expect to spend two to four hours a week preparing for class.

STUDENT ASSESSMENT SHALL TAKE PLACE USING INSTRUMENTS SELECTED/DEVELOPED BY THE COURSE INSTRUCTOR.

AASC APPROVAL DATE: February 17, 2017
REVIEW DATE: February 2022