HIBBING COMMUNITY COLLEGE  
COURSE OUTLINE

COURSE NUMBER & TITLE:  HLTH 1150: Wellness  
CREDITS:  2 (2 Lec / 0 Lab)  
PREREQUISITES:  None

CATALOG DESCRIPTION:
Wellness is an introductory class exploring basic wellness and fitness concepts and their application to daily life. Students assess personal levels of flexibility, muscular strength and endurance, cardiorespiratory endurance, body composition, nutritional intake and needs, stress, and risks of contracting various diseases. Students actively participate in lab activities and design and implement a personal wellness program.

OUTLINE OF MAJOR CONTENT AREAS:
1. Wellness and fitness concepts  
   A. Health fitness  
   B. Physical fitness  
   C. Wellness concept  
   D. Benefits of fitness and wellness  
   E. Personal fitness and wellness profile  
2. Cardiovascular endurance  
   A. Personal assessment  
   B. Interpretation of test results  
   C. Program principles  
      1. Intensity  
      2. Frequency  
      3. Duration  
      4. Progression  
   D. Specific exercise considerations  
   E. Sample programs  
3. Muscular strength and endurance  
   A. Personal assessment  
   B. Interpretation of test results  
   C. Factors that affect strength  
   D. Program principles  
   E. Specific exercises  
4. Muscular flexibility  
   A. Personal assessment  
   B. Interpretation of test result  
   C. Factors that affect flexibility  
   D. Program principles
5. Body composition
   A. Personal assessment
   B. Interpretation of test results
   C. Recommended body weight

6. Nutrition
   A. Nutrients
   B. Personal assessments of
      1. Nutritional intake
      2. Nutritional needs
   C. Recommended dietary allowances (RDA)

7. Weight management
   A. Principles of weight control
   B. Behavior modification techniques
   C. Fad diets
   D. Eating disorders

8. Stress management
   A. Personal assessment
   B. Interpretation of test results
   C. Sources of stress
   D. Coping methods

9. Disease prevention
   A. Cardiovascular diseases
   B. Personal risk assessment
   C. Risk factors and risk reduction techniques
   D. Cancers
   E. Personal risks assessment and risk factors
   F. Risk reduction techniques
   G. Sexually transmitted infections (STI)
      1. Personal risks assessment
      2. Risk factors
      3. Risk reduction techniques
   H. Addictive substances
      1. Personal risks assessment
      2. Risk factors
   I. Risk reduction techniques

10. Future considerations
    A. Changing lifestyles
    B. The aging process
    C. Consumerism
COURSE GOALS/OBJECTIVES/OUTCOMES:
1. Students will complete personal assessments for cardiovascular endurance, muscular strength and endurance, flexibility, body composition, nutritional intake and needs, stress levels, cardiovascular diseases, cancers, STIs, and addictive substances.
2. Students will list and explain the components of wellness and fitness.
3. Students will compare and contrast health fitness to physical fitness.
4. Students will demonstrate a cardiovascular endurance program.
5. Students will explain the program principles of intensity, frequency, and duration.
6. Students will demonstrate muscular strength, muscular endurance, and flexibility exercises.
7. Students will calculate recommended body weight.
8. Students will list and explain the basic nutrients.
9. Students will summarize personal RDAs.
10. Students will list and explain the principles of weight control.
11. Students will analyze three sources of personal stress and explain a specific coping method for each source.
12. Students will summarize the risk factors and risk reduction techniques of cardiovascular diseases, cancers, STIs, and addictive substances.

MNTC GOALS AND COMPETENCIES MET:
N/A

HCC COMPETENCIES MET:
Working Productively and Cooperatively
Communicating Clearly and Effectively
Thinking Creatively and Critically

STUDENT CONTRIBUTIONS:
Students are expected to attend all lectures and working sessions, participate in all activities and discussions, listen to and follow directions, complete assignments on time, and request assistance when needed. Students are expected to assist with equipment when necessary. Attendance and class participation are critical in this class.

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

ADDITIONAL INFORMATION:
This class is intended for students of all ages and abilities. Any individuals who have not participated in physical activities are advised to consult a physician before participating. Any history of disease or disability requiring limited participation should be reported to the instructor.
Activity classes even under the safest possible conditions can be hazardous. Safety rules must be followed to minimize the risk of injury.

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<th>AASC APPROVAL DATE:</th>
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<tbody>
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<td>January 2022</td>
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