

Course Syllabus

Department: Physical Education and Integrated Health

Date: 2/14/13

I. Course Prefix and Number: PE 122

Course Name: Concepts of Wellness

Credit Hours and Contact Hours: 2 Credit Hours, 2 contact hours

Catalog Description including pre- and co-requisites: *supporting data required for grade prerequisite of 'C' or higher.* The purpose of this course is to introduce students to the concepts of wellness and how these concepts can be incorporated into their lives. This course will guide the student to the understanding that wellness is not a static condition but rather a continual balance of the physical, social, emotional, and intellectual aspects of human need. The course will also provide students with the skill to improve their quality of life and lead them to a higher state of well-being and optimal health. Exercise is a regular part of the class.

Relationship to Academic Programs and Curriculum including SUNY Gen Ed designation if applicable:

This course can be used to fulfill the physical education requirement for all majors at FLCC. It is considered an introduction, and no prior knowledge of Wellness is required.

II. Course Student Learning Outcomes: *State the student learning outcome(s) for the course (e.g. Student will be able to identify...)*

The student will:

- Discuss the cardiovascular system.
- Describe muscular strength, tone and flexibility.
- Calculate the risk of illness and recovery time after injury/illness.
- Examine the aging process.
- Recognize proper nutrition.
- Examine the energy level for school/job productivity.
- Appraise stress.
- Analyze life's difficulties as challenges and opportunities.
- Demonstrate the ability to communicate emotions to others.
- Develop and maintain emotional wellness strategies.

College Learning Outcomes Addressed by the Course: *(check each College Learning Outcome addressed by the Student Learning Outcomes)*

- | | |
|---|--|
| <input checked="" type="checkbox"/> writing | <input type="checkbox"/> computer literacy |
| <input type="checkbox"/> oral communications | <input type="checkbox"/> ethics/values |
| <input checked="" type="checkbox"/> reading | <input type="checkbox"/> citizenship |
| <input type="checkbox"/> mathematics | <input type="checkbox"/> global concerns |
| <input checked="" type="checkbox"/> critical thinking | <input type="checkbox"/> information resources |

III. Assessment Measures (Summarize how the college and student learning outcomes will be assessed): *For each identified outcome checked, please provide the specific assessment measure.*

List identified College Learning Outcomes(s)	Specific assessment measure(s)
<i>eg: writing</i>	<i>eg: student will complete a research paper</i>
Writing	The student will complete multiple fitness labs and will submit a written report for each of them with opportunities for revision.
Reading	The student will read the required information and respond in a class journal.
Critical Thinking	The student will complete a cumulative fitness program developed based on the course readings and the results of the fitness labs.

IV. Instructional Materials and Methods

Types of Course Materials:

Textbook

Methods of Instruction (e.g. Lecture, Lab, Seminar ...):

Lecture, discussions, demonstrations, physical participation in activities

V. General Outline of Topics Covered:

Ch. 1: Understanding Health-Related Fitness and Wellness

Lab 1: Introduction to Fitness Center/Personal Wellness

Assessment

Ch. 3: General Principles of Exercise for Health and Fitness

Lab 2: Assessing Fitness Readiness

Ch. 4: Exercise Prescription Guidelines: Cardiorespiratory

Fitness

Lab 3: Cardiovascular Fitness Assessment

Ch. 5: Improving Muscular Strength and Endurance

Lab 4: Muscular Strength and Muscular Assessment

Ch. 6: Improving Flexibility

Lab 5: Flexibility Assessment

Ch. 7: Nutrition, Health, and Fitness

Lab 6: Diet Analysis

Ch. 8: Exercise, Diet, and Weight Control

Lab 7: Body Composition

Ch. 9: Prevention of Cardiovascular Disease

Lab 8: Risk Assessment of Heart Disease

Ch. 10 Stress Management

Lab 9: Stress Management Techniques/Assessment

Ch. 11: Exercise and the Environment

Lab 10: Custom Fitness Programs

Ch. 13: Prevention and Rehabilitation of Exercise Related

Injuries

Lab 11

Ch. 14: Prevention of Cancer

Lab 12

Spiritual Wellness