

ILLINOIS VALLEY COMMUNITY COLLEGE



Course Syllabus

DIVISION: Natural Sciences Business

Course: HPE 1000 - Wellness

Date: 8/1/2006

Semester Hours: 1

Prerequisite(s): None

Delivery Method:

<input checked="" type="checkbox"/> Lecture	0 Credit Hours
<input type="checkbox"/> Seminar	0 Credit Hours
<input type="checkbox"/> Lab	0 Credit Hours
<input type="checkbox"/> Clinical	0 Credit Hours
<input checked="" type="checkbox"/> Online	
<input type="checkbox"/> Blended	

Offered: Fall Spring Summer

IAI Equivalent – **Only for Transfer Courses**–go to <http://www.itransfer.org>:

CATALOG DESCRIPTION:

This course is designed to help students understand the components of wellness and how each is intricately related to the development of overall wellness. The course will explore: physical wellness – stress, nutrition, and exercise; social wellness; intellectual wellness; environmental wellness; psychological wellness – mental and emotional; and ultimately, spiritual wellness.

GENERAL EDUCATION GOALS ADDRESSED

[See the last page of this form for more information.]

Upon completion of the course, the student will be able:

[Choose those goals that apply to this course.]

- To apply analytical and problem solving skills to personal, social and professional issues and situations.
- To communicate orally and in writing, socially and interpersonally.
- To develop an awareness of the contributions made to civilization by the diverse cultures of the world.
- To understand and use contemporary technology effectively and to understand its impact on the individual and society.
- To work and study effectively both individually and in collaboration with others.
- To understand what it means to act ethically and responsibly as an individual in one's career and as a member of society.
- To develop and maintain a healthy lifestyle physically, mentally, and spiritually.
- To appreciate the ongoing values of learning, self-improvement, and career planning.

EXPECTED LEARNING OUTCOMES AND RELATED COMPETENCIES:

[Outcomes related to course specific goals.]

Upon completion of the course, the student will be able to:

1. Explain and understand the concept of wellness and how it relates to individual lifestyles.
 - 1.1 Describe the components of wellness relative to a holistic approach to lifestyle behaviors.
 - 1.2 Explain how the wellness paradigm can be personally applied.
2. Understand the importance of self-responsibility in the development of wellness.
3. Understand the guidelines for establishing healthy, balanced nutritional habits.
 - 3.1 Identify the components of the food pyramid and USDA dietary guidelines.
 - 3.2 Identify the recommended intakes of carbohydrate, protein, and fat, and understand their role in the body.
 - 3.3 Understand the importance of maintaining adequate intakes of vitamins, minerals, and water.
 - 3.4 Understand the role of environment on nutritional choices and its effect on stress management, physical activity behaviors, and wellness.
4. Understand the health benefits of physical activity relative to stress and disease prevention and treatment.
 - 4.1 Understand the relevance of a lifestyle physical activity program.
 - 4.2 Explain the components of fitness.

5. Understand stress relative to the wellness paradigm and explore techniques for personal stress management.
 - 5.1 Understand the nature of stress in a holistic model.
 - 5.2 Describe the effects of stress on the mind, body, spirit, and emotions.
 - 5.3 Practice various methods used to help cope with stress.
6. Make informed choices to influence overall wellness.
 - 6.1 Understand environmental influences on individual lifestyle behaviors and subsequent consumer responsibilities.
 - 6.2 Understand the determinants of personal lifestyle choices as they relate to the wellness paradigm and individual wellness.
7. Develop and implement a complimentary lifestyle wellness program.
 - 7.1 Analyze current behaviors relative to the wellness paradigm.
 - 7.2 Institute alternative behaviors to improve individual wellness.

COURSE TOPICS AND CONTENT REQUIREMENTS:

I. Introduction

- A. Explanation of the concept of wellness
- B. Components of wellness
- C. The Wellness Paradigm
 1. Discuss various theoretical models of wellness
 2. Discuss wellness within a holistic approach to lifestyle choices

II. Self-responsibility

- A. Discuss individual accountability for personal well-being
- B. Discuss environmental factors affecting lifestyle choices

III. Nutritional Awareness

- A. Introduction
 1. Nutrition related to total well-being and lifestyle choices
 2. Factors compromising sound nutritional choices
- B. Exploration of the USDA Food Guide Pyramid
- C. Macronutrients
 1. Carbohydrate sources and function
 2. Fat sources and function
 3. Protein sources and function
- D. USDA dietary guidelines for Americans
- E. Micronutrients
 1. Vitamin requirements and function
 2. Mineral requirements and function
 3. Water requirements and function

IV. Physical Activity

- A. Discuss the benefits of physical activity relative to stress and disease prevention and treatment
 - 1. Cardiovascular disease
 - 2. Cancer
 - 3. Osteoporosis
 - 4. Diabetes
 - 5. Injury
 - B. Discuss options for lifestyle physical activity
 - 1. Pedometer usage
 - 2. Monitoring heart rates
 - C. Examine the components of fitness
 - 1. Cardiovascular fitness
 - 2. Muscular strength and endurance
 - 3. Flexibility
 - 4. Introduction of body composition
- V. Weight Management
- A. Body Composition
 - 1. Bioelectric impedance
 - 2. Body Mass Index
 - 3. Skinfolds assessment
 - B. Guidelines for weight management
 - 1. Energy balance
 - 2. Discussion of stress related issues and overall wellness
- VI. Stress Management
- A. Stress in today's society
 - B. Discuss the holistic effects of stress
 - 1. Mental well-being
 - 2. Physical well-being
 - 3. Emotional well-being
 - 4. Spiritual well-being
 - C. Identify personal stressors
 - D. Practice stress management techniques
- VII. Complimentary lifestyle choices
- A. Identify motivators of personal lifestyle behaviors relative to the wellness paradigm
 - B. Discuss consumer responsibility related to personal and global wellness
 - C. Implement and present a plan for modifying lifestyle choices

INSTRUCTIONAL METHODS:

- 1. Lecture
- 2. Group activities and discussions

3. Power Point presentations
4. Audio-visual materials
5. Lab activities

INSTRUCTIONAL MATERIALS:

Textbook: Corbin, Charles B. Fundamental Concepts of Fitness & Wellness,
2nd ed. (2006)
Instructor prepared handouts and labs
Diet Analysis Plus software
pedometer
E-mail: An active and working e-mail account

STUDENT REQUIREMENTS AND METHODS OF EVALUATION:

Students are expected to attend class, therefore each class period is counted as points toward attendance. The final grade will be based on total points accumulated from attendance, quizzes, labs, projects and exams. The following scale will be used to determine the letter grade for the course:

Percent of Total Points / Letter Grade

100-90% = A
89-80% = B
79-70% = C
69-60% = D
59-0% = F

OTHER REFERENCES

Corbin, Charles B. Fundamental Concepts of Fitness & Wellness, 2nd ed. (2006).

Seaward, Brian Luke. Managing Stress: Principles and Strategies for Health and Well-Being, 5th ed. Jones and Bartlett Publishers. Sudbury, MA, 2006.

Form Revised: 3/2/05