

FLORIDA STATE COLLEGE AT JACKSONVILLE
COLLEGE CREDIT COURSE OUTLINE

COURSE NUMBER: HLP 1082

COURSE TITLE: Personal Wellness

PREREQUISITE(S): None

COREQUISITE(S): None

CREDIT HOURS: 3

CONTACT HOURS/WEEK: 3

CONTACT HOUR BREAKDOWN:

 Lecture/Discussion: 3

 Laboratory:

 Other _____:

FACULTY WORKLOAD POINTS: 3

STANDARDIZED CLASS SIZE

ALLOCATION: 30

CATALOG COURSE DESCRIPTION:

This course is designed to help students understand their current health/fitness status and provide them with knowledge of a functional program for lifelong wellness. Areas of study: physiological concepts of fitness training; individual exercise prescription; diet, nutrition and weight control; substance abuse; and stress management. It involves lectures, labs, computerized diet analysis, and practical fitness experience.

SUGGESTED TEXT(S): Stokes, et al. In Pursuit of Fitness, Hunter Textbook, Inc. Published 2002.

IMPLEMENTATION DATE: Fall Term, 2003 (20041)

REVIEW OR MODIFICATION DATE:

COURSE TOPICS	<u>CONTACT HOURS PER TOPIC</u>
I. Introduction	2
A. Course Procedures and Requirements	
B. Essentials of Fitness	
II. Analysis of Health and Physical Fitness	8
A. Health Questionnaire	
B. Resting Heart Rate	
C. Blood Pressure	
D. Blood Cholesterol	
E. Lung Capacity	
F. Cardio-respiratory Fitness	
G. Body Composition	
H. Muscular Fitness	
I. Flexibility Fitness	
III. Guidelines for Training	4
A. Exercise Session (warm-up; workout; cool-down)	
B. Principles of Training	
C. Target Heart Rate	
D. Training Guidelines (cardio, muscular, flexibility)	
E. Designing a Fitness Workout Program	
F. Fitness Clubs and Spas	
IV. Cardio-respiratory Fitness Program	7
A. Basic Principles	
B. Introduction to Types of Aerobic Activities	
V. Muscular Strength and Endurance	7
A. Basic Principles	
B. Introduction to Types of Weight Programs	
VI. Nutrition and Weight Management	7
A. Basic Nutrition Guidelines	
B. Diet Analysis	
C. Eating and Exercise	
D. Special Diets	
E. Age and Diet	
F. Nutritional Misconceptions	
G. Eating Disorders	

COURSE TOPICS

CONTACT HOURS
PER TOPIC

V. Stress Management

5

- A. Physical Effects of Stress
- B. Managing Stress

VI. Special Health Concerns

5

- A. Sports Related Injuries
- B. Skin Cancer
- C. Ergogenic Aids
- D. Osteoporosis
- E. Understanding AIDS
- F. Fluid Replacement



NOTE: Use either the Tab key or mouse click to move from field to field. The box will expand to accommodate your entry.

<i>Section 1</i>	
COURSE PREFIX AND NUMBER: <u>HLP 1082</u>	SEMESTER CREDIT HOURS: <u>3</u>
COURSE TITLE: <u>Personal Wellness</u>	

Section 2
TYPE OF COURSE: (Click on the box to check all that apply)

<input checked="" type="checkbox"/> AA Elective	<input type="checkbox"/> AS Required Professional Course	<input type="checkbox"/> College Prep
<input type="checkbox"/> AS Professional Elective	<input type="checkbox"/> AAS Required Professional Course	<input type="checkbox"/> Technical Certificate
<input type="checkbox"/> Other _____		
<input type="checkbox"/> General Education: (For General Education courses, you must also complete Section 3 and Section 7)		

Section 3 (If applicable)
INDICATE BELOW THE DISCIPLINE AREA FOR GENERAL EDUCATION COURSES:

<input type="checkbox"/> Communication	<input type="checkbox"/> Social & Behavioral Sciences	<input type="checkbox"/> Mathematics
<input type="checkbox"/> Natural Sciences	<input type="checkbox"/> Humanities	

Section 4
INTELLECTUAL COMPETENCIES:

<input checked="" type="checkbox"/> Reading	<input type="checkbox"/> Speaking	<input checked="" type="checkbox"/> Critical Analysis	<input type="checkbox"/> Quantitative Skills	<input checked="" type="checkbox"/> Scientific Method of Inquiry
<input checked="" type="checkbox"/> Writing	<input type="checkbox"/> Listening	<input checked="" type="checkbox"/> Information Literacy	<input checked="" type="checkbox"/> Ethical Judgment	<input checked="" type="checkbox"/> Working Collaboratively

<i>Section 5</i>	
LEARNING OUTCOMES	METHOD OF ASSESSMENT
• Explain key literacy concepts	Discussion questions, case studies, tests
• Personal analysis of health and physical fitness	Discussion questions, case studies, tests
• Understand guidelines for exercise training	Discussion questions, case studies, tests
• Compare muscular and cardio fitness programs	Discussion questions, case studies, tests
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Section 6 Name of Person Completing This Form