DEPARTMENT: Academic Programs
CURRICULUM: College Transfer
COURSE TITLE: Human Wellness and Fitness
COURSE NUMBER: HEA 160
TYPE OF COURSE: Health
Special Requirement Met: None
AREA(S) OF KNOWLEDGE: Living World
COURSE LENGTH: 1 quarter
CREDIT HOURS: 5
LECTURE HOURS: 55
LAB HOURS: 0
CLASS SIZE: 35
PREREQUISITES: NONE

COURSE DESCRIPTION:
A comprehensive study of human fitness and wellness. Fully explores topics in physical fitness, including exercise physiology and training concepts. In addition, the course explores basic concepts in nutrition, weight management, chronic disease prevention, and health promotion. Students will assess his/her fitness level and will design an individualized program for to achieve and/or maintain fitness. Course material is compatible with the American College of Sports Medicine requirements for certification as a personal trainer.

STUDENT LEARNING OUTCOMES ADDRESSED:
1. Communication-Read and listen actively to learn to communicate.
2. Computation-Apply quantitative skills for personal and academic purposes.
3. Human Relations - Use social interactive skills to work in groups effectively. Recognize the diversity of cultural influences and values.
5. Personal Responsibility - Be motivated and able to continue learning and adapt to change. Be aware of civic and environmental issues.
6. Information Literacy - Use information to achieve personal, academic and career goals as well as to participate in a democratic society.

GENERAL COURSE OBJECTIVES:
Upon completion of this course the student will:
1. Understand and adopt exercise and physical activity goals that are appropriate to their lifestyle and abilities. Set an individualized fitness goal.
2. Understand and apply principles of exercise physiology.
3. Identify their individual cardiovascular endurance abilities and apply to designing an individualized fitness program.
4. Understand guidelines for injury prevention and safety when engaging in a fitness program.
5. Understand, identify and discuss their consumption of carbohydrates, lipids, protein, vitamins, and minerals and make adjustments in their daily intake if needed. Create a personal diet plan.
6. Identify and understand their individual body composition and recommended body weight. Recognize cultural influences on body image and weight status.
7. Understand the principles of muscular strength, endurance, and flexibility exercise. Incorporate these principles into an individualized fitness program.
8. Understand and discuss physical fitness and nutrition prevention strategies to reduce risk of chronic disease.
9. Be able to discuss and apply principles of human behavior in setting long and short term fitness goals.

TOPICAL OUTLINE:
I. Wellness and fitness standards
   Goal setting and behavior change for fitness
II. Assessing individual fitness level and abilities.
   Safety and injury prevention
III. Exercise physiology
IV. Principles of muscular strength, flexibility, and strength training.
II. Overview of nutrition for physical health
   Planning a nutritious diet
III. Body composition and weight management
IV. Principles of muscular strength, flexibility, and strength training.
V. Chronic disease risk reduction
VI. Designing an individualized fitness program.

Total Hours 55
<table>
<thead>
<tr>
<th>SLO #</th>
<th>Included in Course Objective Number</th>
<th>SSCC Student Learning Outcomes</th>
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</thead>
<tbody>
<tr>
<td>SLO 1.1</td>
<td>1-9</td>
<td>Communication - Read and listen actively</td>
</tr>
<tr>
<td>SLO 1.2</td>
<td>1, 5</td>
<td>Communication - Speak and write effectively</td>
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<tr>
<td>SLO 2.1</td>
<td>2, 3, 5</td>
<td>Computation - Use mathematical operations</td>
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<tr>
<td>SLO 2.2</td>
<td>2, 3, 5</td>
<td>Computation - Apply quantitative skills</td>
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<tr>
<td>SLO 2.3</td>
<td></td>
<td>Computation - Identify, interpret, and utilize higher level mathematical and cognitive skills</td>
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<tr>
<td>SLO 3.1</td>
<td>3, 7, 9</td>
<td>Human Relations - Use social interactive skills to work in groups effectively</td>
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<tr>
<td>SLO 3.2</td>
<td>1, 5, 6</td>
<td>Human Relations - Recognize the diversity of cultural influences and values</td>
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<tr>
<td>SLO 4.1</td>
<td></td>
<td>Critical Thinking and Problem Solving -</td>
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<tr>
<td>SLO 5.1</td>
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<td>Technology - Select and use appropriate technological tools</td>
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<tr>
<td>SLO 6.1</td>
<td>1, 3, 5, 9</td>
<td>Personal Responsibility - Be motivated and able to continue learning and adapt to change</td>
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<tr>
<td>SLO 6.2</td>
<td></td>
<td>Personal Responsibility - Value one’s own skills, abilities, ideas and art</td>
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<tr>
<td>SLO 6.3</td>
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<td>Personal Responsibility - Take pride in one’s work</td>
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<tr>
<td>SLO 6.4</td>
<td>1, 3, 5, 8, 9</td>
<td>Personal Responsibility - Manage personal health and safety</td>
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<td>SLO 6.5</td>
<td></td>
<td>Personal Responsibility - Be aware of civic and environmental issues</td>
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<tr>
<td>SLO 7.1</td>
<td></td>
<td>Information Literacy - Access and evaluate information</td>
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<tr>
<td>SLO 7.2</td>
<td></td>
<td>Information Literacy - Use information to achieve personal, academic, and career goals, as well as to participate in a democratic society</td>
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</table>