

\_\_\_\_\_ SOUTH SEATTLE COMMUNITY COLLEGE \_\_\_\_\_

Academic Programs

### COURSE OUTLINE

Revision: O. Thompson, August 2008

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: ASSET: W = 43+; R=43+SLEP; 55+

#### COURSE DESCRIPTION:

Human Wellness and Fitness (HEA 160): A comprehensive study of human wellness. This course explores topics in adequate fitness, nutrition, stress management, disease prevention, sexual wellness, spirituality, smoking cessation, substance abuse and weight control.

#### STUDENT LEARNING OUTCOMES ADDRESSED:

1. Human Relations - Use social interactive skills to work in groups effectively. Recognize the diversity of cultural influences and values.
2. Critical Thinking and Problem Solving - Think critically in evaluating information, solving problems and making decisions.
3. Personal Responsibility - Be motivated and able to continue learning and adapt to change. Be aware of civic and environmental issues.

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4. 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 have an understanding of the following goals:

1. Identify criterion of clearance for safe participation in exercise.
2. Understand the relationship between heart rate and blood pressure.
3. Understand, identify and discuss their own consumption of carbohydrates, lipids, protein, vitamins, and minerals and make adjustments in their own daily intake of said nutrients.
4. Identify their own cardiovascular endurance abilities.
5. Determine an appropriate cardiovascular exercise prescription for them.
6. Determine their individual exercise heart rate and caloric cost of physical activity.
7. Identify and understand their individual body composition and recommended body weight.
8. Understand muscular strength, endurance and flexibility.
9. Identify and perform exercise for the prevention and rehabilitation of low back pain.
10. Assess their degree of cardiovascular risk.
11. Understand and discuss cancer prevention.
12. Demonstrate and apply various stress management technique.

#### TOPICAL OUTLINE:

- |         |   |
|---------|---|
| Week 1  | Theme: Introduction to the course                   |
| Week 2  | Theme: Introduction to wellness                     |
| Week 3  | Theme: Behavioral Modification                      |
| Week 4  | Theme: Endurance, Strength and Flexibility          |
| Week 5  | Theme: Comprehensive Fitness Programming            |
| Week 6  | Theme: Cardiovascular Disease and Cancer Prevention |
| Week 7  | Theme: Stress Assessment and Management             |
|         | Theme: Understanding Addictive Behaviors            |
| Week 8  | Theme: Sexual Wellness                              |
| Week 9  | Theme: Lifetime Fitness and Wellness                |
| Week 10 | Theme: Final Examination Preparation                |

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

PREPARED BY: O. Thompson  
DATE: October 2008