

Virginia Western Community College

HLT 116

Introduction to Personal Wellness Concepts

Prerequisites

None

Course Description

Introduces students to the dimensions of wellness including the physical, emotional, environmental, spiritual, occupational and social components. (VCCS MCR Description)

This course presents an introduction to physical fitness and wellness concepts (Five Components of fitness, fitness programming, nutrition, weight management and disease). Students will examine core concepts and consequences of wellness and life style management. (Additional description added by the faculty)

Semester Credits: 2

Lecture Hours: 2

Lab/Clinical/Internship Hours: 0

Required Materials

Textbook:

American College of Sports Medicine Complete Guide to Fitness and Health. Human Kinetics: Barbara Bushman, PhD. ISBN: 13: 9780736093378

Other Required Materials:

Internet access

Course Outcomes

At the completion of this course, the student should be able to:

- Describe and apply principles of physical fitness
- Define, assess and understanding coping strategies of stress
- Develop an understanding of cardiovascular health and risk
- Discovering how to apply wellness principles for long term

Topical Description

1	Introduction of Lifestyle Management
2	Principles of Physical Fitness
3	Cardiorespiratory Endurance
4	Muscular Strength and Endurance
5	Flexibility and Low Back Health
6	Body Composition
7	Personal Fitness Plan*
8	Nutrition
9	Weight Management
10	Stress
11	Cardiovascular Health
12	Cancer
13	Substance Use and Abuse
14	STD's
15	Wellness for Life

Note to Instructors

1. Syllabus should state what the course grade will be based on, such as tests, quizzes, a comprehensive final exam and any other assignments made by the instructor.