

Revised: Fall 2016

# **HLT 116**

## **Introduction to Personal Wellness Concepts**

### **COURSE OUTLINE**

**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**

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### **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**

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Required Materials:

1. Textbook
2. Internet access
3. Blackboard

Textbook:

**Human Kinetics: Barbara Bushman, PhD**  
**American College of Sports Medicine**  
**to Fitness and Health**

**Complete Guide**

ISBN: 13: 978-0-7360-9337-8

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## Topical Description:

- Introduction of Lifestyle Management
- Principles of Physical Fitness
- Cardiorespiratory Endurance
- Muscular Strength and Endurance
- Flexibility and Low Back Health
- Body Composition
- Personal Fitness Plan\*
- Nutrition
- Weight Management
- Stress
- Cardiovascular Health
- Cancer
- Substance Use and Abuse
- STD's
- Wellness for Life

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