

NorthWest Arkansas Community College
Physical Education

HLSC 1002 Wellness Concepts

Catalog Description:

Interrelationships of mental, emotional, physical, social, and spiritual aspects of functioning to optimal health and wellness; implications for education about wellness in schools and for adult living are provided.

Prerequisite: None

Credit hours/contact hours/load hours: 2/2/2

Target Audience and Transfer:

Designed for students seeking an Associate of Arts degree and it will fulfill the two-hour requirement option in various programs. This class may transfer to the University of Arkansas as a physical education activity elective in some colleges. Students may need to petition.

General Course Outcomes:

At the end of this course, students should:

- Understand how becoming fit and well can improve the quality of life
- Show how individuals can become fit and well
- Provide experiences that will assist students to make healthy choices.

Required Text:

Fit & Well: Core Concepts and Labs in Physical Fitness and Wellness, 5th edition

Topics:

- Introduction to Wellness, Fitness, and Lifestyle Management
- Basic Principles of Physical Fitness
- Cardiorespiratory Endurance
- Muscular Strength and Endurance
- Flexibility
- Body Composition
- Putting Together A Complete Fitness Program
- Nutrition
- Weight Management
- Stress
- Cardiovascular Health
- Cancer
- Substance Use and Abuse
- Sexually Transmitted Diseases
- Wellness for Life

Required Methods of Instruction:

The class is designed around lectures, class interaction and participation. The textbook, class notes, and instructor's lectures provide expert knowledge based on the latest findings in wellness, nutrition and exercise physiology.

Required Form of Assessment:

Students will be evaluated on lab assignments, a minimum of 3 exams, and participation and attendance.