

Northwest Arkansas Community College
Social and Behavioral Sciences Division

Discipline Code

HLSC

Course Number

1002

Course Title

Wellness Concepts

Catalog Description

Examination of personal decisions in physical activity, nutrition, and other wellness activities within the context of discovering the interrelationship of multiple determinants of health and wellness. Physiological benefits of good nutrition, regular physical activity, and holistic approaches to wellness are emphasized. Students registered for Wellness Concepts receive free semester membership to the NWACC Fitness Center.

Prerequisites

N/A

Credit Hours

2 credit hours

Contact hours

30 contact hours

Load hours

2 load hours

Semesters Offered

Fall, Spring

ACTS Equivalent

N/A

Grade Mode

A-F

Learning Outcomes

Students completing this course will:

- Identify various dimensions of wellness and healthy eating habits
- Differentiate between credible and non-credible sources of health and wellness information
- Evaluate current nutritional habits in relation to actual nutritional needs

- Recognize importance of physical exercise and evaluate personal physical fitness
- Discuss multiple physical fitness components and their relationship to wellness
- Recognize factors contributing to wellness
- Recognize the benefits of social interactions during physical activities

General Education Outcomes Supported

N/A

Standard Practices

Topics list

N/A

Learning activities

N/A

Assessments

N/A

Grading guidelines

N/A

Last Revision Date: Spring 2022