

NorthWest Arkansas Community College
Division of Social and Behavioral Sciences, Education and
Wellness, Legal and Protective Services

HLSC 1002 (Wellness Concepts)

Catalog Description:

Examine the interrelationship of multiple dimensions of wellness and how they function together resulting in optimal health & wellness. Students will inspect their own personal behaviors in regards to physical activity, nutrition, and other health behaviors with a goal of being able to make changes to create a healthier self. Upon completion of this course students will have the knowledge needed to become healthier individuals.

Prerequisites:

None

Credit Hours/Contact Hours/Load Hours:

2/2/2

Course Objectives:

1. To become acquainted with the various dimensions of wellness
2. To examine the idea of healthy eating, current nutritional habits vs actual nutritional needs, and discerning nutritional facts from propaganda.
3. To develop an understanding and appreciation of the vital role of regular exercise as a part of your daily routine and gain awareness of one's present physical fitness level.
4. To obtain knowledge of multiple physical fitness components and how they relate to wellness.
5. To recognize the types of exercise needed for physical fitness as related to overall wellness and health.
6. To enjoy social interaction during physical activity.