Course Syllabus

Department: Physical Education and Integrated Health

Date: 2/14/13

I. Course Prefix and Number: PE 122

   Course Name: Concepts of Wellness

   Credit Hours and Contact Hours: 2 Credit Hours, 2 contact hours

   Catalog Description including pre- and co-requisites: supporting data required for grade prerequisite of 'C' or higher. The purpose of this course is to introduce students to the concepts of wellness and how these concepts can be incorporated into their lives. This course will guide the student to the understanding that wellness is not a static condition but rather a continual balance of the physical, social, emotional, and intellectual aspects of human need. The course will also provide students with the skill to improve their quality of life and lead them to a higher state of well-being and optimal health. Exercise is a regular part of the class.

   Relationship to Academic Programs and Curriculum including SUNY Gen Ed designation if applicable:
   This course can be used to fulfill the physical education requirement for all majors at FLCC. It is considered an introduction, and no prior knowledge of Wellness is required.

II. Course Student Learning Outcomes: State the student learning outcome(s) for the course (e.g. Student will be able to identify...)

   The student will:
   ▪ Discuss the cardiovascular system.
   ▪ Describe muscular strength, tone and flexibility.
   ▪ Calculate the risk of illness and recovery time after injury/illness.
   ▪ Examine the aging process.
   ▪ Recognize proper nutrition.
   ▪ Examine the energy level for school/job productivity.
   ▪ Appraise stress.
   ▪ Analyze life’s difficulties as challenges and opportunities.
   ▪ Demonstrate the ability to communicate emotions to others.
   ▪ Develop and maintain emotional wellness strategies.
**College Learning Outcomes Addressed by the Course:** (check each College Learning Outcome addressed by the Student Learning Outcomes)

- [x] writing
- [ ] oral communications
- [x] reading
- [ ] mathematics
- [x] critical thinking
- [ ] computer literacy
- [ ] ethics/values
- [ ] citizenship
- [ ] global concerns
- [ ] information resources

**III. Assessment Measures (Summarize how the college and student learning outcomes will be assessed):** *For each identified outcome checked, please provide the specific assessment measure.*

<table>
<thead>
<tr>
<th>List identified College Learning Outcomes(s)</th>
<th>Specific assessment measure(s)</th>
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</thead>
<tbody>
<tr>
<td>eg: writing</td>
<td>eg: student will complete a research paper</td>
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<tr>
<td>Writing</td>
<td>The student will complete multiple fitness labs and will submit a written report for each of them with opportunities for revision.</td>
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<tr>
<td>Reading</td>
<td>The student will read the required information and respond in a class journal.</td>
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<tr>
<td>Critical Thinking</td>
<td>The student will complete a cumulative fitness program developed based on the course readings and the results of the fitness labs.</td>
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**IV. Instructional Materials and Methods**

**Types of Course Materials:**

- Textbook

**Methods of Instruction (e.g. Lecture, Lab, Seminar …):**

Lecture, discussions, demonstrations, physical participation in activities
V. General Outline of Topics Covered:

Ch. 1: Understanding Health-Related Fitness and Wellness
Lab 1: Introduction to Fitness Center/Personal Wellness Assessment

Ch. 3: General Principles of Exercise for Health and Fitness
Lab 2: Assessing Fitness Readiness
Ch. 4: Exercise Prescription Guidelines: Cardiorespiratory

Fitness
Lab 3: Cardiovascular Fitness Assessment
Ch. 5: Improving Muscular Strength and Endurance
Lab 4: Muscular Strength and Muscular Assessment
Ch. 6: Improving Flexibility
Lab 5: Flexibility Assessment
Ch. 7: Nutrition, Health, and Fitness
Lab 6: Diet Analysis
Ch. 8: Exercise, Diet, and Weight Control
Lab 7: Body Composition
Ch. 9: Prevention of Cardiovascular Disease
Lab 8: Risk Assessment of Heart Disease
Ch. 10 Stress Management
Lab 9: Stress Management Techniques/Assessment
Ch. 11: Exercise and the Environment
Lab 10: Custom Fitness Programs
Ch. 13: Prevention and Rehabilitation of Exercise Related
Injuries
Lab 11
Ch. 14: Prevention of Cancer
Lab 12
Spiritual Wellness