



ILLINOIS VALLEY COMMUNITY COLLEGE

COURSE OUTLINE

DIVISION: Natural Sciences and Business

COURSE: HPE 1000 Wellness

Date: Spring 2023

Credit Hours: 1

Complete all that apply or mark "None" where appropriate:

Prerequisite(s): None

Enrollment by assessment or other measure? Yes No

If yes, please describe:

Corequisite(s): None

Pre- or Corequisite(s): None

Consent of Instructor: Yes No

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| Delivery Method: | <input checked="" type="checkbox"/> Lecture | 1 Contact Hours (1 contact = 1 credit hour) |
| | <input type="checkbox"/> Seminar | 0 Contact Hours (1 contact = 1 credit hour) |
| | <input type="checkbox"/> Lab | 0 Contact Hours (2-3 contact = 1 credit hour) |
| | <input type="checkbox"/> Clinical | 0 Contact Hours (3 contact = 1 credit hour) |

Offered: **Fall** **Spring** **Summer**

CATALOG DESCRIPTION and IAI NUMBER (if applicable):

This course is designed to help students understand the components of wellness and how each is intricately related to the development of overall wellness. The course will explore: physical wellness – stress, nutrition, and exercise; social wellness; intellectual wellness; environmental wellness; psychological wellness – mental and emotional; and ultimately, spiritual wellness.

ACCREDITATION STATEMENTS AND COURSE NOTES:

None

COURSE TOPICS AND CONTENT REQUIREMENTS:

I. Introduction

- A. Explanation of the concept of wellness
- B. Components of wellness
- C. The Wellness Paradigm
 - 1. Discuss various theoretical models of wellness
 - 2. Discuss wellness within a holistic approach to lifestyle choices

II. Self-responsibility

- A. Discuss individual accountability for personal well-being
- B. Discuss environmental factors affecting lifestyle choices

III. Nutritional Awareness

- A. Introduction
 - 1. Nutrition related to total well-being and lifestyle choices
 - 2. Factors compromising sound nutritional choices
- B. Exploration of the USDA Food Guide Pyramid
- C. Macronutrients
 - 1. Carbohydrate sources and function
 - 2. Fat sources and function
 - 3. Protein sources and function
- D. USDA dietary guidelines for Americans
- E. Micronutrients
 - 1. Vitamin requirements and function
 - 2. Mineral requirements and function
 - 3. Water requirements and function

IV. Physical Activity

- A. Discuss the benefits of physical activity relative to stress and disease prevention and treatment
 - 1. Cardiovascular disease
 - 2. Cancer
 - 3. Osteoporosis
 - 4. Diabetes
 - 5. Injury
- B. Discuss options for lifestyle physical activity
 - 1. Pedometer usage
 - 2. Monitoring heart rates
- C. Examine the components of fitness
 - 1. Cardiovascular fitness
 - 2. Muscular strength and endurance
 - 3. Flexibility
 - 4. Introduction of body composition

V. Weight Management

- A. Body Composition
 - 1. Bioelectric impedance
 - 2. Body Mass Index
 - 3. Skinfolds assessment
- B. Guidelines for weight management

1. Energy balance
2. Discussion of stress related issues and overall wellness

VI. Stress Management

- A. Stress in today's society
- B. Discuss the holistic effects of stress
 1. Mental well-being
 2. Physical well-being
 3. Emotional well-being
 4. Spiritual well-being
- C. Identify personal stressors
- D. Practice stress management techniques

VII. Complimentary lifestyle choices

- A. Identify motivators of personal lifestyle behaviors relative to the wellness paradigm
- B. Discuss consumer responsibility related to personal and global wellness
- C. Implement and present a plan for modifying lifestyle choices

INSTRUCTIONAL METHODS:

1. Lecture
2. Group activities and discussions
3. Power Point presentations
4. Audio-visual materials
5. Lab activities

EVALUATION OF STUDENT ACHIEVEMENT:

Students are expected to attend class, therefore each class period is counted as points toward attendance. The final grade will be based on total points accumulated from attendance, quizzes, labs, projects and exams. The following scale will be used to determine the letter grade for the course:

Percent of Total Points / Letter Grade

A= 90-100%

B= 80-89%

C= 70-79%

D= 60-69%

F= 0-60%

INSTRUCTIONAL MATERIALS:

Textbooks: Fahey, T., Insel, P., and Roth, W. Fit & Well: Core Concepts and Labs in Physical Fitness and Wellness, New York, NY: McGraw Hill Higher Education.

Resources

Corbin, Charles B. *Fundamental Concepts of Fitness & Wellness*.

Seaward, Brian Luke. *Managing Stress: Principles and Strategies for Health and Well-Being*, Jones and Bartlett Publishers. Sudbury, MA.

Body Fat Caliper

My Plate Diet Analysis

Internet: Access to Blackboard (<http://blackboard.ivcc.edu>) to access your grades.

LEARNING OUTCOMES AND GOALS:

Institutional Learning Outcomes

- 1) Communication – to communicate effectively;
- 2) Inquiry – to apply critical, logical, creative, aesthetic, or quantitative analytical reasoning to formulate a judgement or conclusion;
- 3) Social Consciousness – to understand what it means to be a socially conscious person, locally and globally;
- 4) Responsibility – to recognize how personal choices affect self and society.

Course Outcomes and Competencies

1. Explain and understand the concept of wellness and how it relates to individual lifestyles.
 - 1.1 Describe the components of wellness relative to a holistic approach to lifestyle behaviors
 - 1.2 Explain how the wellness paradigm can be personally applied.
2. Understand the importance of self-responsibility in the development of wellness.
3. Understand the guidelines for establishing healthy, balanced nutritional habits.
 - 3.1 Identify the components of the food pyramid and USDA dietary guidelines.
 - 3.2 Identify the recommended intakes of carbohydrate, protein, and fat, and understand their role in the body.
 - 3.3 Understand the importance of maintaining adequate intakes of vitamins, minerals, and water.
 - 3.4 Understand the role of environment on nutritional choices and its effect on stress management, physical activity behaviors, and wellness.
4. Understand the health benefits of physical activity relative to stress and disease prevention and treatment.
 - 4.1 Understand the relevance of a lifestyle
 - 4.2 Explain the components of fitness.
5. Understand stress relative to the wellness paradigm and explore techniques for personal stress management.
 - 5.1 Understand the nature of stress in a holistic model.
 - 5.2 Describe the effects of stress on the mind, body, spirit, and emotions.
 - 5.3 Practice various methods used to help cope with stress.
6. Make informed choices to influence overall wellness.
 - 6.1 Understand environmental influences on individual lifestyle behaviors and subsequent consumer responsibilities.
 - 6.2 Understand the determinants of personal lifestyle choices as they relate to the wellness paradigm and individual wellness.
7. Develop and implement a complimentary lifestyle wellness program.
 - 7.1 Analyze current behaviors relative to the wellness paradigm.
 - 7.2 Institute alternative behaviors to improve individual wellness.