

SOUTHEAST COMMUNITY COLLEGE
DIVISION OF ARTS AND SCIENCES
Social Science
Revision Date: 07-01-26

I. CATALOG DESCRIPTION

Course Number: PHED1000
Course Title: Lifetime Wellness
Prerequisite: None
Catalog Description: Theoretical and practical information on the relationship of lifestyle choices and habits to productivity, quality of life and one's potential. Lecture topics include lifestyle choices and behavior modification, nutrition, physical fitness, and stress management encompassing the mind-body perspective of wellness. Exercise outside of class will be required.
Credit Hours: 3.0
Class Hours: 45
Lab Hours: 0
Total Contact Hours: 45

II. COURSE OBJECTIVES: *Course will:*

- A. Provide an understanding of the role of exercise in improving personal level of physical fitness so that the individual can decide how much exercise is necessary and what types of activities are best.
- B. Provide knowledge about physical fitness, be able to identify and define each of the health related components, and be able to evaluate and interpret levels of fitness.
- C. Provide information on nutrition and the role it plays in our health, weight, and disease risk.

III. STUDENT LEARNING OUTCOMES AND GENERAL EDUCATION LEARNING OUTCOMES

- A. Student Learning Outcomes: *Student will be able to:*
 - 1. Understand how the body functions, know what its limitations and capabilities are, and be able to identify and understand the changes that occur as a result of regular exercise and the benefits of regular exercise.
 - 2. Understand the principles involved in conducting a good exercise program and be able to develop and implement an acceptable program base on present needs and future goals.
 - 3. Understand the relationship between exercise and factors such as nutrition, diet, weight control, stress and chronic diseases.
 - 4. Develop an attitude that promotes regular and lifelong physical activity, thus increasing and maintaining total body efficiency.
- B. General Education Learning Outcomes
 - 1. GELO #3: Critical Thinking & Problem Solving
 - Outcome: Collect, identify, interpret and analyze data.
 - Outcome: Synthesize information to arrive at reasoned solutions to problems.
 - Outcome: Evaluate the validity of arguments, alternatives, data, outcomes, and/or impacts of actions.
 - 2. GELO #6: Career and Life Skills
 - Outcome: Develop knowledge and habits that will foster physical, emotional, social, spiritual, intellectual, and environmental wellness.
 - Outcome: Demonstrate choices that reflect personal responsibility in one's academic, civic, social, and vocational/professional life.

IV. CONTENT/TOPICAL OUTLINE (*course outline may provide more detailed information*)

- A. Aspects of Wellness
- B. Muscular Flexibility Assessment and Prescription
- C. Body Composition Assessment
- D. Principles of Nutrition for Wellness
- E. Principles of Weight Control
- F. Cardiovascular Disease Prevention
- G. Cancer Risk Management
- H. Stress Assessment and Management Techniques
- I. Smoking Cessation
- J. Addictive Behaviors
- K. Healthy Lifestyles
- L. Cardiovascular Fitness Assessment and Prescription
- M. Muscular Strength and Endurance Assessment and Prescription

V. INSTRUCTIONAL MATERIALS

- A. Required Text(s):
 - 1. Lane, Kelly. *Principles and Labs for Fitness and Wellness*. Cengage, Current Edition. Direct digital access.
Material provided in class through Canvas (look for email) – Account will be charged.
- B. Other resources:
 - 1. Calculator

VI. METHODS OF PRESENTATION/INSTRUCTION

- A. Methods of presentation typically include a combination of the following:
 - 1. Lecture
 - 2. Overheads
 - 3. Videos
 - 4. Class discussion

VII. METHODS OF EVALUATION

- A. Methods of evaluation typically include a combination of the following:
 - 1. Attendance and Participation
 - 2. Examinations
 - 3. Quizzes
 - 4. Fitness Log
 - 5. Nutritional Analysis
 - 6. Goal Setting Paper
 - 7. Goal Evaluation Paper
- B. SCC STANDARD GRADING SCALE POLICY

A+	95-100	C+	75-79	F	59 or less
A	90-94	C	70-74		
B+	85-89	D+	65-69		
B	80-84	D	60-64		

VIII. SPECIFIC COURSE REQUIREMENTS

- A. Attendance/Participation
- B. Examinations
- C. Personal exercise/nutrition analysis
- D. Health related fitness assessments