

PELLISSIPPI STATE COMMUNITY COLLEGE
MASTER SYLLABUS

**CONCEPTS OF WELLNESS
PHED 1100**

Class Hours: 3.0

Credit Hours: 3.0

Laboratory Hours: 0.0

Revised: Fall 2014

Catalog Course Description:

An introduction to individual, optimal well being in a societal context. This course encourages students to examine their wellness-related behaviors, to take responsibility for them, and develop individualized behavior change programs for lifetime fitness and wellness.

Entry Level Standards:

READ and ENGL proficiency minimum at 0810 level.

Prerequisites:

None

Textbook(s) and Other Course Materials:

Fahey, T.D., Insel, P.M., Roth, W.T. (2013). *Fit & Well, Core Concepts and Labs in Physical Fitness and Wellness*. 10th ed. McGraw-Hill.

Daily Fitness and Nutrition Journal. (2013). McGraw Hill

I. Week/Unit/Topic Basis:

Week	Topic
1	Syllabus Review; Introduction to Wellness, Fitness, and Lifestyle Management. (Chapter 1) Lab 1.2 and Quiz 1
2	Basic Principles of Physical Fitness (Chapter 2); Lab 2.1 and Quiz 2
3	Cardiorespiratory Endurance (Chapter 3) Lab 3.1, 3.2 and Quiz 3
4	Muscular Strength and Endurance (Chapter 4) Lab 4.3 and Quiz 4
5	Flexibility and Low Back Health (Chapter 5) Lab 5.2 and Quiz 5
6	Body Composition (Chapter 6) Lab 6.1 and Quiz 6

7	Putting Together a Complete Fitness Program (Chapter 7) Lab 7.1, 7.2 and Quiz 7
8	Nutrition (Chapter 8) Lab 8.1, 8.3 and Quiz 8
9	Weight Management (Chapter 9) Lab 9.2, 9.3 and Quiz 9
10	Stress (Chapter 10) Lab 10.1, 10.2 and Quiz 10
11	Cardiovascular Health (Chapter 11) Lab 11.1 and Quiz 11
12	Cancer (Chapter 12) Lab 12.1 and Quiz 12
13	Substance Use and Abuse (Chapter 13) Lab 13.1 and Quiz 13
14	Sexually Transmitted Diseases (Chapter 14) Wellness for Life (Chapter 15) Lab 14.1 and 15.1 and Quiz 14 and 15
15	Final Exam Period

II. Course Objectives*:

The course will:

- A. Identify the components of physical fitness and how each component affects wellness. III.1, III.2, III.3, III.6, III.7
- B. Describe how body mass index, body composition, and body fat distribution are measured and assessed. III.4
- C. Describe the controllable and uncontrollable risk factors associated with cardiovascular disease. III.2, III.3, III.4
- D. List the major effects and benefits of cardio respiratory endurance exercise. III.5
- E. Apply the FITT principle to create a safe and successful strength training program. III.5
- F. Explain the different types of stretching exercises and how they affect muscles. III.5
- G. Explain the steps for putting together a successful personal fitness program. III.5
- H. Describe the guidelines that have been developed to help people choose a healthy diet, avoid nutritional deficiencies, and protect themselves from diet-related chronic diseases. III.2, III.3, III.5
- I. Describe lifestyle factors that contribute to weight gain and loss, including the role of food choices, exercise, and emotional factors. III.2, III.3, III.4, III.7
- J. Identify techniques for preventing and managing stress. III.3, III.5

- K. Identify some of the causes of cancer and how they can be avoided or minimized. III.3, III.5
- L. Explain the effects of drug use on individuals, families and society as a whole III. 3, III.5, III.6, III.7
- M. Explain the transmission, prevention and treatment of sexually transmitted diseases, including the global problems involved with HIV/AIDS. III.2, III.3, III.5, III.6, III.7
- N Discuss strategies for developing and maintaining meaningful interpersonal relationships, meeting the challenges of aging, using the health care system intelligently, and understanding environmental health. III.1, III.2, III.3, III.5, III.7

*Roman numerals after course objectives reference goals of the university parallel program.

IV. Expected Student Learning Outcomes*:

The student will be able to:

1. Understand medical considerations before participating in a physical fitness program. A
2. Develop an individual wellness profile. A B
3. Describe the dimensions of wellness. B
4. Describe the behaviors that are part of a fit and well lifestyle. A B
5. Describe how much exercise is recommended for developing health and fitness. A E F G H
6. Identify the components of physical fitness and how each component affects wellness. B E F G H
7. Describe the principles involved in designing a well-rounded exercise program. B C E F G H
8. Define Fat-Free mass, essential fat, and nonessential fat and describe their functions in the body. C
9. Explain how body composition affects overall health and wellness. C J
10. Describe how body mass index, body composition, and body fat distribution are measured and assessed. C
11. Explain how to determine recommended body weight and body fat distribution. B
12. Describe the controllable and uncontrollable risk factors associated with cardiovascular disease. D
13. Discuss the major forms of cardiovascular disease and how they develop. D
14. List the steps to take to lower personal risk of developing cardiovascular disease. D E
15. List the major effects and benefits of cardio respiratory endurance exercise. E
16. Explain how cardio respiratory endurance is measured and assessed. F

17. Describe how frequency, intensity, time, and type of exercise affect the development of cardio respiratory endurance. E F
18. Define muscular strength and endurance and describe how they relate to wellness. B F G
19. Explain how muscular strength and endurance can be assessed. F
20. Apply the FITT principle to create a safe and successful strength-training program. F
21. Explain how to safely perform common strength training exercises using free weights and weight machines. F H
22. Describe the potential benefits of flexibility and stretching exercises. G
23. Explain the different types of stretching exercises and how they affect muscles. G
24. Describe the intensity, duration, and frequency of stretching exercises that will develop the most flexibility with the lowest risk of injury. G
25. Explain the steps for putting together a successful personal fitness program. F G H
26. Describe strategies that help maintain a fitness program over the long term. H
27. Explain how to use food labels. I
28. Put together a personal nutrition plan. I J
29. Explain the health risks associated with overweight and obesity. C I J
30. Describe lifestyle factors that contribute to weight gain and loss. C I J
31. Design a personal plan for successfully managing body weight. C I J
32. List common sources of stress. K
33. Describe techniques for preventing and managing stress. A B E H K
34. Put together a plan for successfully managing stress in life. A B E H K
35. Discuss some of the courses of cancer and how they can be avoided or minimized. L
36. Describe the signs and symptoms of cancer in its early stages. L
37. List specific actions to take to lower the risk of cancer. E F G H L
38. Define and discuss the concepts of addictive behavior, substance abuse, and substance dependence. M
39. Explain the significance of alcohol use on individuals, families and society as a whole. M
40. Explain the impact of tobacco use on both the individual and society. M
41. Discuss the symptoms, risks and treatments of STDs. N
42. List strategies for self-protection against STDs.
43. List the characteristics, skills and behaviors that support successful relationships and

families. A B E F H I J K O

44. Explain what individuals can do to promote healthy aging. A B E F G H I J
45. Discuss strategies for effective self-care and effective uses of the health care system. O
46. Assess the relationship between global health issues and personal health O
47. List the steps for creating and maintaining an effective behavior change program. A B E F G H I J K L M N O

*Letters after performance expectations reference the course objectives listed above.

V. Evaluation:

A. Testing Procedures:

40% of Grade

B. Laboratory Expectations:

20% of Grade

C. Field Work:

Research Project: 20% of Grade
Fitness and Nutritional Journal 10% of Grade

D. Other Evaluation Methods:

Participation and Attendance 10% of Grade

E. Grading Scale:

A 93-100
B 82-92
C 72-81
D 62-71
F 61 or Less

VI. Policies:

A. Attendance Policy:

Pellissippi State expects students to attend all scheduled instructional activities. As a minimum, students in all courses (excluding distance learning courses) must be present for at least 75 percent of their scheduled class and laboratory meetings in order to receive credit for the course. Individual departments/programs/disciplines, with the approval of the vice president of Academic Affairs, may have requirements that are more stringent. In very specific circumstances, an appeal of the policy may be addressed to the head of the department in which the course was taken. If further action is warranted, the appeal may be addressed to the vice president of Academic Affairs.

B. Academic Dishonesty:

Academic misconduct committed either directly or indirectly by an individual or group is subject to disciplinary action. Prohibited activities include but are not limited to the following practices:

- Cheating, including but not limited to unauthorized assistance from material, people, or devices when taking a test, quiz, or examination; writing papers or reports; solving problems; or completing academic assignments.
- Plagiarism, including but not limited to paraphrasing, summarizing, or directly quoting published or unpublished work of another person, including online or computerized services, without proper documentation of the original source.
- Purchasing or otherwise obtaining prewritten essays, research papers, or materials prepared by another person or agency that sells term papers or other academic materials to be presented as one's own work.
- Taking an exam for another student.
- Providing others with information and/or answers regarding exams, quizzes, homework or other classroom assignments unless explicitly authorized by the instructor.
- Any of the above occurring within the Web or distance learning environment.

Please see the Pellissippi State Policies and Procedures Manual, Policy 04:02:00 Academic/Classroom Conduct and Disciplinary Sanctions for the complete policy.

C. Accommodations for disabilities:

Students that need accommodations because of a disability, have emergency medical information to share, or need special arrangements in case the building must be evacuated should inform the instructor immediately, privately after class or in her or his office. Students must present a current accommodation plan from a staff member in Disability Services (DS) in order to receive accommodations in this course. Disability Services may be contacted by sending email to disabilityservices@pstcc.edu, or by visiting Alexander 130. More information is available at <http://www.pstcc.edu/sswd/>.

D. Other Policies:

Make-up Policies:

1. After one week, students will not be allowed to make up written examinations.
2. With documentation, students will be allowed to make up absences. Make up sessions should be supervised and consist of activities engaged in during the sessions that the student missed.

Cell Phone Policy: Use of cell phones (texting, talking, surfing the web, reading emails, etc.) is not permitted during class. Usage of text messaging will only be allowed if there is an emergency on a particular day of class, and the student lets the instructor know ahead of time that he/she may be expecting a message. This will prevent students from missing material that is covered in class, and it is respectful to other students and the instructor.

Stepping out of the Classroom: Students are to remain in the classroom during all classes, unless he/she needs to use the restroom. This will eliminate distractions to other classmates and allow all students to not miss any material covered in class.

Exercise Disclaimer: Please consult your physician or medical professional before starting any exercise, diet, treatment, health, self-help, nutrition or any other related program.

Injury Policy: Students injured during class must inform the instructor immediately. An accident/incident report must be filed. This applies to all injuries no matter how minor.