



BROWARD COMMUNITY COLLEGE COURSE OUTLINE

LAST REVIEW: 2006-07
(i.e. 2003-2004)

NEXT REVIEW: 2011-12
(i.e. 2008-2009)

STATUS: A
(A, I, D)

COURSE TITLE: INTRODUCTION TO HEALTHFUL LIVING

COMMON COURSE NUMBER: HSC 1101C

CREDIT HOURS: 1

CONTACT HOUR BREAKDOWN

(per 16 week term)

CLOCK HOURS: 2
(Voc. Course ONLY)

Lecture: **16** Lab: 16

Clinic: Other:

PREREQUISITE(S):

COREQUISITE(S):

PRE/COREQUISITE(S):

COURSE DESCRIPTION: The course provides a personalized introduction to wellness; wellness components of flexibility, muscular strength/endurance; cardiovascular wellness; and body composition; nutrition, weight management, stress management, and how students can apply this information to ensure healthful living. Opportunities are provided to learn updated information on coronary heart disease, cancer, and HIV-AIDS to assess one's personal wellness status through health related fitness and nutrition assessments.

UNIT TITLES

- 1. Introduction to Wellness**
- 2. Health Related Fitness Assessments**
- 3. Health Related Fitness Components**
- 4. Nutrition**
- 5. Weight Management**
- 6. Stress Management**
- 7. Healthy Lifestyle**



BROWARD COMMUNITY COLLEGE COURSE OUTLINE

Common Course Number: HSC 1101C

UNITS

Unit 1 Overview

General Outcome:

- 1.0 The students will identify the various dimensions of wellness.**

Specific Measurable Learning Outcomes:

Upon successful completion of this unit, the students will:

- 1.1 Define wellness, physical fitness and exercise.**
- 1.2 Identify the health and skill related components of physical fitness.**
- 1.3 Discuss how today's lifestyle imparts wellness.**
- 1.4 Discuss the benefits of a comprehensive fitness and wellness program.**
- 1.5 Identify one behavior change that will be modified.**



BROWARD COMMUNITY COLLEGE COURSE OUTLINE

Common Course Number: HSC 1101C

Unit 2

General Outcome:

- 2.0 The student will assess their current level of physical fitness through diagnostic testing.**

Specific Measurable Learning Outcomes:

Upon successful completion of this unit, the students will:

- 2.1 Assess resting heart rate and blood pressure.**
- 2.2 Assess cardiovascular fitness**
- 2.3 Assess body composition.**
- 2.4 Assess muscular strength and endurance.**
- 2.5 Assess flexibility**



Common Course Number: HSC 1101C

Unit 3

General Outcome:

- 3.0 The student will be discuss flexibility; cardiovascular fitness; muscular strength/endurance as components of wellness; and demonstrate exercises to enhance flexibility, cardiovascular fitness and muscular strength/endurance.**

Specific Measurable Learning Outcomes:

Upon successful completion of this unit, the students will:

- 3.1 Discuss readiness to begin an exercise program.**
- 3.2 Define flexibility, cardiovascular fitness and muscular strength and endurance.**
- 3.3 Explain personal benefits of flexibility, cardiovascular fitness and muscular strength and endurance.**
- 3.4 Discuss principles and safe exercise techniques to enhance flexibility and muscular strength and endurance.**
- 3.5 Identify the FITT principle and apply to personal goals relating to target heart rate.**
- 3.6 Demonstrate the proper technique to monitor heart rate during exercise.**
- 3.7 Demonstrate a variety of exercises that maintain and improve flexibility, cardiovascular fitness and muscular strength and endurance.**
- 3.8 Write a personalized goal for cardiovascular fitness, flexibility, muscular strength and flexibility.**



Common Course Number: HSC 1101C

Unit 4: Nutrition

General Outcome:

- 4.0 The student will identify the basic elements of good nutrition as they relate to wellness.**

Specific Measurable Learning Outcomes:

Upon successful completion of this unit, the students will:

- 4.1 Identify the functions of the macro and micro nutrients.**
- 4.2 Discuss the hierarchy of the food pyramid.**
- 4.3 Identify nutritional values of a food label.**
- 4.4 Explain water and beverage needs and the application to exercise.**
- 4.5 Explain the benefits of good nutrition for improving wellness and the harmful effects of poor nutrition.**
- 4.6 Analyze food and beverage intake by means of a computerized dietary analysis.**
- 4.7 Develop a personal nutrition plan based upon personal dietary needs.**



Common Course Number: HSC 1101C

Unit 5 Weight Management

General Outcome:

5.0 The student will discuss weight management as an important aspect of wellness.

Specific Measurable Learning Outcomes:

Upon successful completion of this unit, the student will:

- 5.1 Define body composition, overweight, and obesity as it related to wellness.**
- 5.2 Discuss the importance of weight management for enhancing wellness.**
- 5.3 Determine tolerable weight and body mass index.**
- 5.4 Discuss guidelines for weight management.**
- 5.5 Explain the relationship of nutrition and exercise in weight management.**
- 5.6 Discuss fads and gimmicks flooding the market in relationship to weight management.**
- 5.7 Develop behavioral modifications necessary to implement a personal weight management plan.**



Common Course Number: HSC 1101C

Unit 6 Stress Management

General Outcome:

6.0 The student will discuss stress management and its importance for wellness.

Specific Measurable Learning Outcomes:

Upon successful completion of this unit, the student will:

- 6.1 Define stress, eustress and distress.**
- 6.2 Identify signs and symptoms of stress as it relates to wellness.**
- 6.3 Identify signs of a hostile personality.**
- 6.4 Discuss guidelines for managing stress in one's life today.**
- 6.5 Demonstrate and use techniques to manage stress including physical exercise and its benefits.**



Common Course Number: HSC 1101C

Unit 7 Healthy Lifestyle

General Outcome:

7.0 The student will discuss a healthy lifestyle approach including coronary heart disease, cancer and HIV-AIDS prevention.

Specific Measurable Learning Outcomes:

Upon successful completion of this unit, the student will:

7.1 Discuss the overall importance of implementing a healthy lifestyle program.

7.2 Identify the major risk factors for coronary heart disease.

7.3 Discuss cancer prevention guidelines.

7.4 Identify HIV-AIDS including testing and prevention.