



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.**



BROWARD COMMUNITY COLLEGE COURSE OUTLINE

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.



BROWARD COMMUNITY COLLEGE COURSE OUTLINE

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.