

El Paso Community College

Syllabus

Part II

Official Course Description

SUBJECT AREA	<u>Kinesiology</u>
COURSE RUBRIC AND NUMBER	<u>KINE 1305</u>
COURSE TITLE	<u>Principles of Wellness</u>
COURSE CREDIT HOURS	<u>3 3 : 0</u> Credits Lec Lab

I. Catalog Description

Introduces the concept of wellness, health status, and appraisal, emphasizing application of course content to an improvement of personal lifestyle.(3:0).

II. Course Objectives

Upon completing this course the student will:

1. Develop a definition of wellness and its components and determine how behaviors determine a fit and well lifestyle
2. Examine the components of physical fitness, the health benefits of each and how they are developed and measured.
3. Develop and evaluate fitness plan implementing the components of physical fitness and different training principles.
4. Learn goal setting principles to assist in the motivation and commitment to a fitness program.
5. Identify the different nutrients in food, the function in the body and how each nutrient impacts the individual's diet and wellness.
6. Analyze the different factors of nutrition and lifestyle in maintaining a health body composition.
7. Understand what stress is, how it affects health and wellness and how the body responds to stress and how to effectively manage stress.
8. Identify the different cardiovascular diseases, how they develop, and the risk factors associated
9. Describe what cancer is, the risk factors of cancer, the most common forms and factors involved in the treatment of cancer.
10. Determine what drugs are and why people use them and what are the health hazards associated with the use of drugs.
11. Identify what STD's are, the symptoms, risks and treatments, and the overall effect on wellness.
12. Understand the importance of a healthy lifestyle as it pertains to aging, relationships and health.
13. Develop strategies for effective self-care and effective use of the health care system.

III. Evaluation

- A. This course will include relevant activities to include exams, quizzes, and special projects.
- B. General evaluation options available for use by all instructors include: Multiple choice objective exams, short answer essay exams, True-False objective exams, classroom presentations, portfolio assembled from the class activities, research activities, or any combination of these options.

Grading Scale:

90 - 100	= A
80 - 90	= B
70 - 80	= C
60 - 70	= D
Below 60	= F
Incomplete	= I
Withdrew or withdrawn	= W

IV. Disability Statement (American with/Disabilities Act [ADA])

EPCC offers a variety of services to persons with documented sensory, mental, physical, or temporary disabling conditions to promote success in classes. If you have a disability and believe you may need services, you are encouraged to contact the Center for Students with Disabilities to discuss your needs with a counselor. All discussions and documentation are kept confidential. Offices located: VV Rm C-112 (831-2426); TM Rm 1400 (831-5808); RG Rm B-201 (831-4198); NWC Rm M-54 (831-8815); and MDP Rm A-125 (831-7024).

V. 6 Drop Rule

Students who began attending Texas public institutions of higher education for the first time during the Fall 2007 semester or later are subject to a 6-Drop limit for all undergraduate classes. Developmental, ESL, Dual Credit and Early College High School classes are exempt from this rule. All students should consult with their instructor before dropping a class. Academic assistance is available. Students are encouraged to see Counseling Services if dropping because exemptions may apply. Refer to the EPCC catalog and website for additional information.