

Syllabus for UWXHE106 Lifetime Wellness and Self-Growth

NOTE: This syllabus document contains the basic information of this course. The most current syllabus is available in the full course.

Course Description

A contemporary examination of the effects of lifestyle, wellness, and health promotion on the individual. Instruction in procedures for self-evaluation as well as individualization of exercise prescription for the development of health fitness. A practical, application focused approach will be addressed in this course.

Prerequisite(s)

None

Course Outcomes

Upon completing this course, you will be able to do the following:

- Understand fitness concepts and their relation to a healthy lifestyle
- Practice self-improvement strategies.
- Understand and practice time management skills.
- Practice SMART goal setting
- Understand and apply locus of control.
- Understand fitness concepts and their relation to a healthy lifestyle and be able to assess health-related fitness components including their current level of physical fitness
- Understand and evaluate the transtheoretical model of behavior change and apply the model to their behavior change needs.
- Design an individualized health & fitness program that matches their needs

Course Requirements/Components

TOPIC	ACTIVITIES
Stress – The Foundational Piece of Health and Wellness	Lab Activity SMART Goal Assignment Discussion
Principles of Physical Fitness	<ul style="list-style-type: none">• Lab Activity• Quiz

Cardiorespiratory Endurance, Muscular Strength, and Flexibility	<ul style="list-style-type: none"> • Lab Activity • Quiz
Body Composition, Physical Fitness, and Wellbeing	<ul style="list-style-type: none"> • Energy Needs Assignment • Documentary Review
Knowing You – Your Fitness Planning and Appropriate Choices	<ul style="list-style-type: none"> • One Day Fitness Plan Assignment • Discussion • Unit 1 Exam
Nutrition and Planning a Healthy Diet	<ul style="list-style-type: none"> • Food Desert Assignment • Documentary Review • Discussion
Cardiovascular Health Beyond the Gym	<ul style="list-style-type: none"> • Lab Activity • Quiz
Reducing Infection and Disease Management	<ul style="list-style-type: none"> • Microorganisms Assignment • Quiz
Cancer Prevention	<ul style="list-style-type: none"> • Lab Activity • Quiz
Alcohol and Substance Use Today	<ul style="list-style-type: none"> • Alcohol Case Study Assignment • Unit 2 Exam
Developing Healthy Relationships Starting with Yourself	<ul style="list-style-type: none"> • Mindfulness Journal Assignment • Lab Activity
Managing Stress and Models of Change	<ul style="list-style-type: none"> • Lab Activity • Stress Management Plan Assignment
Developing Healthy Relationships with Others – Intimacy, STI, and Fertility	<ul style="list-style-type: none"> • Discussion • Quiz
Environmental Health and Our Wellbeing	<ul style="list-style-type: none"> • Lab Activity • Discussion • Book Review Assignment
Conclusion	<ul style="list-style-type: none"> • Wellness Facility Visit Assignment • Discussion • Final Exam

Grading

The following grading scale will be used to evaluate all course requirements and to determine your final grade: (examples below)

Your final grade will be based on your performance on the following:

1. Quizzes (15%)
2. Labs (10%)
3. Discussions (10%)

4. Assignments (15%)
5. Documentary Reviews (5%)
6. Unit Exams (20% total)
7. Final Exam (15%)
8. Book Review Assignment (10%)

Percent	Letter Grade
93-100%	A
90-92%	A-
87-89%	B+
83-86%	B
80-82%	B-
77-79%	C+
73-76%	C
70-72%	C-
67-69%	D+
60-66%	D
59 and under	F