

## **SEWARD COUNTY COMMUNITY COLLEGE COURSE SYLLABUS**

### **I. TITLE OF COURSE:** PE1431- Concepts of Health & Wellness

### **II. COURSE DESCRIPTION: 1 credit hours 1 credit hours of lecture and 0 credit hours of lab per week.**

This course provides a survey of health/wellness and fitness concepts and practices. It will provide a framework for improving the overall health status of the students on our campus. For each unit of credit, a minimum of three hours per week with one of the hours for class and two hours for studying/preparation outside of class is expected.

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Pre-requisite: None

### **III. PROGRAM AND/OR DEPARTMENT MISSION STATEMENT:**

The Seward County Community College physical education program will broaden the understanding of fitness for life by providing general education, appropriate technology, and professional development opportunities that promote a healthy lifestyle.

### **IV. TEXTBOOK AND MATERIALS:**

Lynch, Elmore, and Kotecki, Health: Making Choices for Life, 1st Edition, Pearson Publishing

### **V. SCCC OUTCOMES**

Students who successfully complete this course will demonstrate the ability to do the following SCCC Outcomes.

- 1: Read with comprehension, be critical of what they read, and apply knowledge gained to real life
- 2: Communicate ideas clearly and proficiently in writing, appropriately adjusting content and arrangement for varying audiences, purposes, and situations.

### **VI. COURSE OUTCOMES:**

1. The student will gain knowledge of healthy behaviors.
2. The student will be able to differentiate between the various components of health.
3. The student will have a proper understanding of the mind-body connection.
4. The student will be able to demonstrate proper fitness techniques and have an understanding of basic nutrition concepts.
5. The student will be able to analyze social problems such as abuse, addiction, and sexually transmitted disease from a preventative approach.
6. The students will gain an understanding of healthy relationships.
7. The student will be able to discuss consumer health and personal safety.
8. Discuss the Dimensions of Health and Wellness.
9. Describe the stages of change model.
10. Identify depressive disorders, anxiety disorders, and risk factors for suicide.
11. Identify what stress is and how it affects your health.
12. Discuss nutrition, fitness, and weight management.
13. Describe addiction, drug abuse, and drug misuse.
14. Identify commonly abused drugs and high risk behaviors.
15. Discuss diabetes, cardiovascular disease, cancer, and immunity.

16. Explain communication, conflict, commitment in relationships, and positive relationships.
17. Discuss sexually transmitted infections/diseases, conception, and contraception.
18. Define personal safety, intentional injuries and violence.
19. Describe what contributes to successful aging.

## **VII. COURSE OUTLINE:**

1. Making Healthy Choices
2. Maintaining Mind-Body Health
3. Eating Right, Staying Fit
4. Avoiding Abuse and Addiction
5. Reducing Your Risk of Disease
6. Preserving Your Health
7. Building Healthy Relationships

## **VIII. INSTRUCTIONAL METHODS:**

1. Lecture based delivery
2. Assessments
3. Group discussion

## **IX. INSTRUCTIONAL AND RESOURCE MATERIALS:**

1. Instructor and publisher prepared handouts
2. Internet

## **X. METHODS OF ASSESSMENT:**

Methods of assessing the general course outcomes and the specific course competencies include tests, daily work, class attendance, and participation. Graduating students will take the CAAP test and student progress will be measured by the various forms of written work as required.

SCCC Outcome #1 will be assessed and measured by class participation and self-assessments.  
SCCC Outcome #2 will be assessed and measured by self-assessments and reflection papers.

## **XI. ADA STATEMENT:**

Under the Americans with Disabilities Act, Seward County Community College will make reasonable accommodations for students with documented disabilities. If you need support or assistance because of a disability, you may be eligible for academic accommodations. Students should identify themselves to the Dean of Students at 620-417-1106 or going to the Student Success Center in the Hobbie Academic building, room 149 A.