

MESABI RANGE COMMUNITY & TECHNICAL COLLEGE

Course Outline

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| Course Title: Introduction to Wellness | Submitted By: Tom Stackpool |
| Semester Course Prefix and Number: HLTH 1459 | Approval Date: |
| Old Quarter Course Prefix and Number: none | Revision Date: |

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| Number of Credits: 3 | Number of Lecture Credits: 3 | |
| Semester(s) Offered: | Number of Lab Credits: | Number of Lab Hours: 0 |
| Class Size: 30 | Number of Studio/Demonstration/Internship Credits: | |
| Negotiated by AASC on: (date) | | |

Course Purpose Code:

- 0 – Developmental Courses
- 1 – Non-transferable
- 2 – Technical course related to career programs
- 3 – College course which has the primary goal of applying certain concepts (e.g. vocal ensemble)
- 4 – Other college course not considered a part of MNTC (e.g. computer science, health, physical education)
- 5 – Course which is intended to fulfill the Minnesota Transfer Curriculum (MNTC) requirements or intended for transfer.
- 9 – Continuing Education/Customized Training specialized credit course (not occurring in 0-5)

Catalog Description:

This course presents an examination of the theories and practical skills associated with wellness and nutrition. Wellness and nutrition topics include fitness, cardio-respiratory endurance, cardio-vascular disease, weight control, flexibility, muscular strength, muscular endurance, diet, stress management and relaxation. Students will be able to incorporate these principles into their lives.

Prerequisites and/or recommended entry skills/knowledge:

Course Prerequisite(s): None
Reading Prerequisite: None
Composition Prerequisite: None
Mathematics Prerequisite: None

Career Programs and Transfer Majors Accessing this Course:

Education, Health related fields, Physical Education, Health Education

Minnesota Transfer Curriculum Goal(s) partially met by this course if applicable:

(Notes: No more than two goals may be met by any one course. Curriculum Committee review and the Chief Academic Officer's approval are required.)

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| 0. <input checked="" type="checkbox"/> None | 6. <input type="checkbox"/> The Humanities and Fine Arts |
| 1. <input type="checkbox"/> Communications | 7. <input type="checkbox"/> Human Diversity |
| 2. <input type="checkbox"/> Critical Thinking | 8. <input type="checkbox"/> Global Perspectives |
| 3. <input type="checkbox"/> Natural Sciences | 9. <input type="checkbox"/> Ethical and Civic Responsibility |
| 4. <input type="checkbox"/> Mathematical/Logical Reasoning | 10. <input type="checkbox"/> People and the Environment |
| 5. <input type="checkbox"/> History and the Social and Behavioral Sciences | |

Learning Outcomes: (including any relevant competencies listed in the Minnesota Transfer Curriculum)

Upon completion of this course, the student will be able to:

1. Identify wellness and nutritional dimensions, and the impact on personal life situations.
2. List and explain the components of wellness.
3. List and identify "lifestyle diseases".
4. Differentiate between exercise for fitness and exercise for health.
5. Understand healthy nutrition and proper diet.
6. Able to establish a weight management program.
7. Assess their personal health status.
8. Identify individual stressors and identify stress management techniques.
9. Develop an individual fitness program.
10. Develop an individual diet plan.
11. Establish proper workout habits through individual workouts.

Student Assessment Methods:

1. Written exams
2. Chapter Review Questions
3. Assignments including written essays
4. Independent/Small Group Projects

Use of Instructional Technology: (includes software, interactive video and other instructional technologies):

Additional Special Information: (special fees, directives on hazardous materials, etc.)

Transfer Information: (Please list colleges/majors that accept this course in transfer.)

University of Wisconsin Superior
Bemidji State University
University of Minnesota Duluth
College of St. Scholastica

Course Outline Revision History:

Approvals:

| Body | Representative Signatures | Date |
|--------------------------------------|---------------------------|------|
| Curriculum Committee | | |
| Faculty Association | | |
| Academic Affairs Standards Committee | | |
| Chief Academic Officer | | |

Distribution: Original – Instructional Services
Copies: Transfer Specialist, Originating Faculty Member, Records
Revised: March 2010