



Course Description

HLP1080 | Wellness | 2.00 credits

This course enables students to assess their present aerobic fitness level, lung capacity, percentage of body fat, flexibility, and strength. From the data collected, the student will be able to set personal wellness goals. Lectures, demonstrations, and multimedia materials will be used to provide the scientific basis for meeting one's personal wellness goals.

Competency 1: The student will understand Wellness by:

1. Defining wellness and its different dimensions
2. Explaining the importance of wellness in maintaining a healthy lifestyle
3. Identifying strategies for promoting wellness in various aspects of life
4. Designing an individualized fitness program and appreciating the levels of physical fitness
5. Enhancing their lifestyle by participating in wellness activities

Competency 2: The student will be able to describe the components of Physical Wellness by:

1. Developing Exercise, nutrition, and sleep
2. Emerging a personal fitness plan based on their individual needs and goals
3. Evaluating the impact of physical wellness on overall well-being

Competency 3: The student will be able to describe Emotional Wellness by:

1. Recognizing and managing their emotions effectively
2. Identifying healthy coping mechanisms for dealing with stress and negative emotions
3. Developing strategies for enhancing emotional well-being

Competency 4: The student will understand Social Wellness by:

1. Establishing and maintaining healthy relationships
2. Demonstrating effective communication and conflict resolution skills
3. Analyzing the impact of social connections on overall well-being

Competency 5: The student will understand Mental Wellness by:

1. Identifying common mental health issues and their symptoms
2. Accessing appropriate resources and support for mental health concerns
3. Developing strategies for promoting positive mental well-being

Learning Outcomes:

- Communicate effectively using listening, speaking, reading, and writing skills
- Solve problems using critical and creative thinking and scientific reasoning
- Create strategies that can be used to fulfill personal, civic, and social responsibilities