

COURSE OUTLINE
HEED-110
Introduction to Personal Wellness
1 Semester Hour

HOWARD COMMUNITY COLLEGE

Description

This course is designed to provide the student with an overview of the components of wellness. These components will include stress, physical fitness, nutrition, safety, and weight management. The principles, concepts, and practices necessary to improve one's personal wellness will be examined. Students will participate in presentations, laboratories, and assessments designed to evaluate their individual wellness. Students will also develop a personal wellness plan to improve areas of concern.

A liberal education prepares students to lead ethical, productive, and creative lives and to understand how the pursuit of lifelong learning and critical thinking fosters good citizenship. General education courses form the core of a liberal education within the higher education curriculum and provide a coherent intellectual experience for all students by introducing the fundamental concepts and methods of inquiry in the areas of mathematics, the physical and natural sciences, the social sciences, the arts and the humanities, and composition. This course is part of the general education core experience at Howard Community College.

Overall Course Objectives

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

1. Identify the major components of wellness.
2. Analyze personal wellness components.
3. Describe the sources and manifestations of stress.
4. Identify stress management strategies.
5. Evaluate personal stress levels.
6. Identify areas of personal safety.
7. Evaluate personal safety concerns.
8. Describe important aspects of personal nutrition.
9. Analyze personal eating habits.
10. Identify the components of physical fitness.
11. Explain personal fitness concerns.
12. Explain the role weight and weight management plays in personal wellness.

Major Topics

- I. Wellness Overview
- II. Stress and Stress Management
- III. Physical Fitness
- IV. Weight Management
- V. Nutrition
- VI. Safety

Course Requirements

Grading/Exams: Grading procedures will be determined by the individual faculty member.

Writing: Specific writing assignments will be determined by the individual faculty member.

Other Course Information

This course is an Interdisciplinary and Emerging Issues core course.