

FLORIDA STATE COLLEGE AT JACKSONVILLE

COLLEGE CREDIT COURSE OUTLINE

COURSE NUMBER:	HLP 1081
COURSE TITLE:	Health Analysis and Improvement
PREREQUISITE(S):	None
COREQUISITE(S):	None
CREDIT HOURS:	2
CONTACT HOURS/WEEK:	2
CONTACT HOUR BREAKDOWN:	
Lecture/Discussion:	2
Laboratory:	
Other _____:	
FACULTY WORKLOAD POINTS:	2
STANDARDIZED CLASS SIZE ALLOCATION:	30

CATALOG COURSE DESCRIPTION:

This course is designed to introduce the principles and concepts of exercise physiology, values of exercise and information about nutrition and stress management as they relate to optimal health and the lifelong process of wellness. It involves lectures, assessment of student's current health/fitness status, an individualized training program, a computerized diet analysis and an introduction to varied activities designed to improve the components of physical fitness.

SUGGESTED TEXT(S):	Stokes, et al., <u>Fitness: The New Wave</u> . Hunter Textbooks, Inc.
IMPLEMENTATION DATE:	Fall Term, 1987
REVIEW OR MODIFICATION DATE:	Fall Term, 1996 (971) Fall Term, 2002 (20031)

COURSE TOPICS	<u>CONTACT HOURS PER TOPIC</u>
I. Introduction	1
A. Course Procedures and Requirements	
B. Why Health Analysis and Improvement	
II. Scientific Fitness Evaluation	3
A. Flexibility	
B. Muscular Strength and Endurance	
C. Cardiovascular	
D. Body Composition	
III. Warm-Up, Cool-Down and Flexibility	2
A. Importance of Warming-Up and Cooling-Down	
B. Importance of Stretching	
C. Warm-Up Activities and Specific Stretches	
IV. Cardiovascular Fitness	5
A. Basic Principles	
B. Introduction to Types of Aerobic Activity	
V. Muscular Strength and Endurance	5
A. Basic Principles of Weight Resistance Training	
B. Weight Resistance Programs	
VI. Nutrition and Weight Management	5
A. Diet Analysis	
B. Eating and Exercise	
C. Special Diets	
D. Age and Diet	
E. Myths	
F. Eating Disorders	
VII. Exercise and Stress Reduction	4
VIII. Evaluation	5