

FLORIDA STATE COLLEGE AT JACKSONVILLE  
COLLEGE CREDIT COURSE OUTLINE

COURSE NUMBER: HLP 1082

COURSE TITLE: Personal Wellness

PREREQUISITE(S): None

COREQUISITE(S): None

CREDIT HOURS: 3

CONTACT HOURS/WEEK: 3

CONTACT HOUR BREAKDOWN:

    Lecture/Discussion: 3

    Laboratory:

    Other \_\_\_\_\_:

FACULTY WORKLOAD POINTS: 3

STANDARDIZED CLASS SIZE

ALLOCATION: 30

## CATALOG COURSE DESCRIPTION:

This course is designed to help students understand their current health/fitness status and provide them with knowledge of a functional program for lifelong wellness. Areas of study: physiological concepts of fitness training; individual exercise prescription; diet, nutrition and weight control; substance abuse; and stress management. It involves lectures, labs, computerized diet analysis, and practical fitness experience.

SUGGESTED TEXT(S): Stokes, et al. In Pursuit of Fitness, Hunter Textbook, Inc. Published 2002.

IMPLEMENTATION DATE: Fall Term, 2003 (20041)

REVIEW OR MODIFICATION DATE:

COURSE TOPICS	<u>CONTACT HOURS PER TOPIC</u>
I. Introduction	2
A. Course Procedures and Requirements	
B. Essentials of Fitness	
II. Analysis of Health and Physical Fitness	8
A. Health Questionnaire	
B. Resting Heart Rate	
C. Blood Pressure	
D. Blood Cholesterol	
E. Lung Capacity	
F. Cardio-respiratory Fitness	
G. Body Composition	
H. Muscular Fitness	
I. Flexibility Fitness	
III. Guidelines for Training	4
A. Exercise Session (warm-up; workout; cool-down)	
B. Principles of Training	
C. Target Heart Rate	
D. Training Guidelines (cardio, muscular, flexibility)	
E. Designing a Fitness Workout Program	
F. Fitness Clubs and Spas	
IV. Cardio-respiratory Fitness Program	7
A. Basic Principles	
B. Introduction to Types of Aerobic Activities	
V. Muscular Strength and Endurance	7
A. Basic Principles	
B. Introduction to Types of Weight Programs	
VI. Nutrition and Weight Management	7
A. Basic Nutrition Guidelines	
B. Diet Analysis	
C. Eating and Exercise	
D. Special Diets	
E. Age and Diet	
F. Nutritional Misconceptions	
G. Eating Disorders	

COURSE TOPICS

CONTACT HOURS  
PER TOPIC

V. Stress Management

5

- A. Physical Effects of Stress
- B. Managing Stress

VI. Special Health Concerns

5

- A. Sports Related Injuries
- B. Skin Cancer
- C. Ergogenic Aids
- D. Osteoporosis
- E. Understanding AIDS
- F. Fluid Replacement