HLP 1081
CONCEPTS OF WELLNESS

COURSE DESCRIPTION

Concepts of Wellness (3) (A.A.)  An introductory course in personal wellness designed to help students understand their current health status and provide them with knowledge of a functional wellness program for their life. (Fall, Spring)

PERFORMANCE STANDARDS

The student, at the successful completion of this course, should be able to:

1. Define the circle indicating ‘TOTAL WELLNESS”, “TIMELINE” and “BEHAVIOR TRANGLE” as they relate to wellness and life.

2. Define wellness and describe examples of a health/wellness lifestyle.

3. Explain the foundations of mental, emotional, social, physical and spiritual wellness.

4. Discuss and participate in varied programs for appraising wellness.

5. Describe the basic structure and functions of the human body systems as they relate to health and wellness.

6. Identify major health problems associated with the body systems.

7. Discuss the positive and negative aspects of stress and adaptive approaches to managing stress in life.

8. Identify addictive nature and health damaging aspects of addictions, including but not limited to popular chemical substances behaviors and people.

9. Analyze the relationship between diet, nutrition, exercise and weight management.

10. Discuss the general principles of exercise and physical fitness development.

11. Identify disease conditions which challenge wellness and health levels in individuals and countries, including, but not limited to, heart disease, cancer, sexually transmitted diseases, addiction, etc.

12. Discuss the relationship of health, wellness and successful aging.

13. Identify healthy principles for all stages of life, including death and dying.

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