

Course Outcome Guide (COG)

Approved 22 MARCH 2012

Course:	HPER 100 Concepts of Fitness & Wellness	Credits:	2	Instructor:	Shawn Cote
Course Description:	Study designed to introduce students to concepts of holistic living. Focus is on self-evaluation and personal program planning emphasizing the relation of lifestyle to optimal wellness.				
Concepts and Issues	Process Skills	Assessment Tasks	Intended Outcomes		
			Course	General Education or Program	Institutional
Definitions of Health Autonomic Nervous System Managing Stress Mental Health Diet Exercise	Evaluate the decision making process. Demonstrate knowledge and understanding of the following. a. Different types of health b. Stress management techniques c. Basic needs of for mental health d. Dietary guidelines for eating right e. Reading food labels	1. Complete textbook readings 2. Complete examination and quizzes demonstrating mastery and understanding of concept issues 3. Demonstration of activities	Participate in scholarly activities and services that promote student development by encouraging professional involvement, community service, and lifelong learning. Demonstrate the knowledge to promote personal, family and community health. Demonstrate the ability to promote goal-setting and decision-making skills to enhance health. Demonstrate the knowledge to promote health-enhancing behaviors and reduce health risks.		