



### **Course Description**

#### **HLP1081 | Fitness & Wellness for Life | 3.00 credits**

In this course, students will learn the roles of exercise, physical activity, diet, and stress management in achieving optimal wellness. Students will explore current developments in health and complete lab assignments, which will assist in the determination of their current health status. Individualized exercise and dietary protocols based on these assessments will be developed.

### **Course Competencies**

**Competency 1:** The student will demonstrate knowledge and skills in health promotion by:

1. Conducting comprehensive assessments of their current health status through lab assignments, including evaluating their exercise routine, physical activity level, dietary habits, and stress management techniques
2. Analyzing the results of their health assessments to identify areas of improvement and determine the role of exercise, physical activity, diet, and stress management in achieving optimal wellness
3. Developing individualized exercise and dietary protocols based on the assessment results, incorporating appropriate exercises, physical activities, dietary modifications, and stress management techniques to promote optimal wellness

**Competency 2:** The student will explore current developments in health by:

1. Engaging in research to identify and explore current developments in exercise, physical activity, diet, and stress management that contribute to optimal wellness
2. Analyzing and evaluating the credibility and effectiveness of current developments in health, considering factors such as scientific evidence, expert opinions, and real-world applicability
3. Applying the knowledge gained from exploring current developments in health to their own lifestyle choices, making informed decisions about exercise, physical activity, diet, and stress management to enhance their overall wellness

**Competency 3:** The student will demonstrate competency in health assessment by:

1. Performing health assessments, including measuring physical fitness, evaluating dietary patterns, and assessing stress levels using appropriate tools and techniques
2. Interpreting the results of health assessments accurately, recognizing the impact of exercise, physical activity, diet, and stress management on their overall wellness
3. Communicating the findings of their health assessments clearly and effectively, both verbally and in written reports, to facilitate the development of individualized exercise and dietary protocols

### **Learning Outcomes:**

- Communicate effectively using listening, speaking, reading, and writing skills
- Solve problems using critical and creative thinking and scientific reasoning
- Formulate strategies to locate, evaluate, and apply information
- Demonstrate knowledge of ethical thinking and its application to issues in society