

PEFT 101

Lifetime Fitness and Wellness

3 Credits

Community College of Baltimore County Common Course Outline

Description

PEFT 101 – Lifetime Fitness and Wellness: explores the principles, concepts, and fundamental relationships that define the dimensions of wellness among groups and individuals. Students are introduced to current and emerging issues in wellness and discuss how these issues manifest themselves in our diverse culture. Lecture and application are utilized to encourage students to define their place on a wellness continuum and to prepare for lifelong wellness

Co-requisites: ACLT 053

Overall Course Objectives

Upon completion of this course, students will be able to:

1. utilize the language of fitness, health, and wellness in written and oral assignments;
2. determine the benefits of adopting a proactive and self-directed lifetime wellness program;
3. identify the factors of human diversity that influence wellness potential;
4. analyze the impact of culture and ethnicity on risk factors for developing chronic diseases;
5. examine personal health risk factors including: age, genetics, lifestyle choices, environmental influences, income and educational background and how these risk factors impact the quality of life;
6. explain the dimensions of wellness as they relate to lifestyle behaviors;
7. assess their performance in the five health-related components of fitness;
8. analyze the physiological adaptations that occur as a result of participation in a fitness and wellness program;
9. evaluate fitness, health, and wellness- related resources for accuracy according to the informational literacy criteria ;
10. evaluate their current health and well-being and design a behavior change model that enhances their well-being;
11. create personal wellness goals; and
12. apply current wellness research for selective written and oral projects.

Major Topics

- I. The Dimensions of Wellness
- II. Assessment and Goal Setting
- III. Fundamentals of Physical Fitness
- IV. Cardiovascular Health
- V. Body Composition

The Common Course Outline (CCO) determines the essential nature of each course.
For more information, see your professor's syllabus.

- VI. Muscle Fitness
- VII. Flexibility
- VIII. Nutrition Basics
- IX. Weight Management
- X. Stress
- XI. Chronic Disease
- XII. Diverse Populations and the Dimensions of Wellness

Course Requirements

Grading will be determined by the individual faculty member, but shall include the following, at minimum:

- Two written exams
- Two written assignments
- One comprehensive project
- One fitness/wellness assessment
- Attendance and active participation

Written assignments and research projects: Students are required to use appropriate academic resources in their research and cite sources according to the style selected by their professor.

Other Course Information

This course is an approved 3–credit General Education course in Wellness and Health. There is a physical activity component in this course. Please refer to the semester schedule when registering so you are aware of the type(s) of physical activities that will be performed in class.

One or more assignments will infuse CCBC General Education Program outcomes and will account for a minimum of 10% of the total course grade. The assignment(s) will allow students to demonstrate at least 5 of the 7 General Education program outcomes.

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