

**Northern Marianas College**  
**CURRICULUM ACTION REQUEST**

**Effective Semester / Session:** Spring 2012

**Type of Action:**

- New
- Modification
- Move to Inactive (Stop Out)
- Cancellation


**Course Alpha and Number:** HE 200

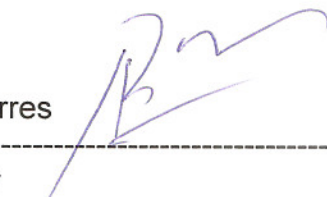
**Course Title:** Health and Wellness

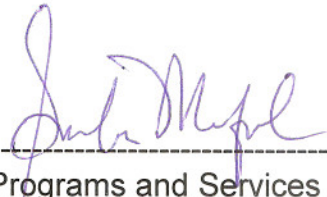
**Reason for initiating, revising, or canceling:**

This course guide is being modified to add the online course option, change in textbook edition, update the course guide in general, and also meet the required 3 year update.

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Lisa A. Lunde 8/14/12  
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Proposer Date

  
Dr. Alfredo De Torres 8/14/12  
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Department Chair Date

  
Barbara Merfalen 8/14/12  
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Dean of Academic Programs and Services Date

# Northern Marianas College

## Course Guide

Course: HE 200 Health and Wellness

### 1. Department

Sciences, Mathematics, Health and Athletics

### 2. Purpose

HE 200 introduces students to the concepts of physical fitness and wellness and the lifetime benefits provided through participation in an individualized program. Its lecture component provides an in-depth understanding of health fitness as well as useful information to help students make healthful adjustments to their current lifestyles. The course also offers participation in an individualized exercise program with a choice of several different activities. Pre and post testing determine improvement in the areas of cardiovascular fitness, muscular strength, muscular endurance, flexibility, and body composition.

### 3. Description

#### A. Required/Recommended Textbook(s) and Related Materials

Required:

Fahey, T. D., Insel and Roth. *Fit & Well: Core Concepts and Labs in Physical Fitness and Wellness*. 9th ed. Mayfield Publishing Company, 2010.

Readability level: Grade 12.0

#### B. Contact Hours

1. **Lecture: Face to Face Option:** 3 hours per week / 45 hours per semester
2. **Lab:**
3. **Other: Online Option:** Varies (students are EXPECTED to spend a minimum of 3 hours per week on the online HE 230 course site)  
3 hours/week, 45 hours/semester

#### C. Credits

1. **Number:** 3
2. **Type:** Regular degree credits

#### D. Catalogue Course Description

This course introduces students to the concepts of physical fitness and wellness and to the lifetime benefits provided through participation in an individualized program. It provides an in-depth understanding of health fitness as well as information that can help students make healthful adjustments to their current lifestyles. Students also participate in an individualized exercise program with a choice of activities. Pre and post testing are carried out to determine improvement in the areas of cardiovascular fitness, muscular strength,

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muscular endurance, flexibility, and body composition. Prerequisite: None. English Placement Level: EN 101. (Offered Fall and Spring)

**E. Degree or Certificate Requirements Met by Course**

A passing grade of a "C" or higher in this course fulfills the core requirement for all NMC degrees except Nursing and BS in Elementary Education.

**F. Course Activities and Design**

**Face to Face Option:** Course activities include lectures, pre and post physical fitness testing via lab participation, wellness research project, periodic quizzes, and a final exam. Projects, group interaction, and research are all designed to stimulate, and provide skills in positive health and decision making for lifestyle behavior changes. Discussions on current physical fitness and wellness knowledge helps the student develop an understanding of their own personal health and wellness, and enables them to make decisions related to their own personal health.

**Online Option:** This course option is being taught using a Distance Learning Format (online) Internet based Instruction. Each Student will be required to access the Internet to participate as a student in this class. There will be many different learning activities provided each week (chapter readings, assignments to be submitted thru the online class site, discussion forums etc.). Students are responsible for keeping up with the assignments on a weekly basis and adhering to the designated due dates. As this course is offered online, distance learning format, students can complete weekly readings and assignments any time during the week; however, all readings and assignments need to be completed by the designated due date (ample time is given between assignments and managing your time is your responsibility). Assignment Due Dates are outlined in the Monthly Calendars as well as on the online class site. Projects, group interaction, and research are all designed to stimulate discussion and learning, and provide skills in preventive health and decision making for lifestyle behavior changes.

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**4. Course Prerequisite(s); Concurrent Course Enrollment; Required English/Mathematics Placement Level(s)**

Prerequisite(s): None

English Placement Level: EN 101

Mathematics Placement Level: None

**5. Estimated Cost of Course; Instructional Resources Needed**

Cost to the Student: Tuition for a 3-credit course, the cost of the textbook, and any applicable fees.

Cost to the College: Instructor's salary.

Instructional resources needed for this course include: Laptop computer, various online programs (Elluminate, Yackpack, Breeze etc.), Internet connection, web cam, microphone, PowerPoint projector, various educational DVDs, and photocopying costs for hand-outs.

**6. Method of Evaluation**

Student grades will be based on the regular letter grade system as described below:

A: Excellent – grade points: 4.0;

B: Above average – grade points: 3.0;

C: Average – grade points: 2.0;

D: Below average– grade points: 1.0;

F. Failure – grade points: 0.0.

NMC's grading and attendance policies will be followed.

**7. Course Outline**

This is a topical outline and does not necessarily indicate the sequence in which the material will be presented.

**1.0 A Positive Health Lifestyle**

1.1 Aging and health risk factors

1.2 Lifestyle health risk factors

1.3 The positive health lifestyle

1.4 Personal choice and health promotion behaviors

1.5 Benefits of a positive health lifestyle

**2.0 General Guidelines for Your Personal Exercise Prescription**

2.1 Fitness, physical activity, and exercise

2.2 Importance of exercise in health promotion

2.3 Personal physical fitness programs

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- 2.4 General principles of training
- 2.5 Exercise as a prescription
- 3.0 Aerobic Exercise
  - 3.1 Aerobic fitness
  - 3.2 Measurement of aerobic fitness
  - 3.3 Prescription for aerobic exercise
  - 3.4 The threshold stimulus
  - 3.5 Modes of aerobic exercise
  - 3.6 Implementing an aerobic fitness program
  - 3.7 Aerobic exercise programs
  - 3.8 Aerobic leisure and unstructured physical activity
  - 3.9 Benefit-risk ratio
- 4.0 Muscular Strength and Endurance
  - 4.1 The muscular system
  - 4.2 Principles of resistance training
  - 4.3 Benefits and risks of resistance training
  - 4.4 Program design considerations
  - 4.5 A basic weight-training program for
    - 4.5.1 Muscular strength
    - 4.5.2 Muscular endurance
    - 4.5.3 Muscular mass
  - 4.6 Abdominal strength and endurance
- 5.0 Flexibility
  - 5.1 Principles of flexibility exercises
  - 5.2 Flexibility exercises for:
    - 5.2.1 The lower back area
    - 5.2.2 Round shoulders
    - 5.2.3 Tight upper back and neck
    - 5.2.4 Joggers, runners, and other aerobic exercisers
- 6.0 Basic Nutrition for Healthful Eating
  - 6.1 The major nutrients
  - 6.2 The basis for diet planning
  - 6.3 Healthier eating
- 7.0 Weight Control Through Proper Nutrition and Exercise
  - 7.1 Body composition
  - 7.2 Healthy body weight
  - 7.3 Basic principles of weight control
  - 7.4 Comprehensive weight control programs

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- 7.5 The role of:
    - 7.5.1 Exercise in weight control
    - 7.5.2 Diet in weight control
    - 7.5.3 Behavior modification in weight control
  - 7.6 Special considerations in weight control
  - 7.7 Dieting versus exercise for weight control
  - 7.8 Dietary and exercise considerations for gaining body weight
  
  - 8.0 Stress-Reduction Techniques
    - 8.1 Effects of stress on the body
    - 8.2 Your stress profile
    - 8.3 Methods to reduce stress
  
  - 9.0 Health Effects of High-Risk Behaviors
    - 9.1 Substance abuse
    - 9.2 Sexually transmitted diseases (STDs)
    - 9.3 Safe sex practices
  
  - 10.0 Exercise and Nutrition Concerns for Women
    - 10.1 The role of weight control, exercise and nutrition in the menstrual cycle
    - 10.2 Exercise, nutrition, and stress management in the treatment of premenstrual syndrome and dysmenorrhea
    - 10.3 The role of nutrition and exercise in pregnancy
  
  - 11.0 Healthful Aging
    - 11.1 Aging and longevity
    - 11.2 Chronic health problems
    - 11.3 Cardiovascular diseases
    - 11.4 Metabolic disorders
    - 11.5 Musculoskeletal disorders
  
  - 12.0 Staying with the Positive Health Lifestyle
    - 12.1 Adherence
    - 12.2 Self-efficacy and self-esteem
    - 12.3 Social environment
- 8. Instructional Goals**
- This course will introduce students to:
- 1.0 The seven dimensions of wellness;
  - 2.0 Common health concerns locally and globally;

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- 3.0 Sources, types, effects and prevention of health problems resulting from poor health and wellness practices;
- 4.0 Behavior changes in order to live a more healthier lifestyle;
- 5.0 Aspects of nutrition important to maintaining a healthy body;
- 6.0 Labels on food packages and how it relates to selecting nutritional food;
- 7.0 The correct body weight for one's own body;
- 8.0 The role of exercise and diet in weight control;
- 9.0 The steps for developing a successful physical fitness program;
- 10.0 The components physical fitness; and the concept of a healthy person;
- 11.0 What stress is and how to cope with it;
- 12.0 How exercise effects the prevention and deterrent of carcinogens;
- 13.0 The cardiovascular system, major forms of cardiovascular disease and their risk factors;
- 14.0 Common forms of cancer, their risk factors and strategies for lowering your risk;
- 15.0 The health effects of alcohol and tobacco on the human body;
- 16.0 Ways to age gracefully; and
- 17.0 The role the environment plays in your health and well being.

### 9. Student Learning Outcomes

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

- 1.0 Identify and discuss the seven dimensions of wellness;
- 2.0 Describe/list common health concerns and their causes in the CNMI and the U.S.;
- 3.0 Discuss sources, types, effects and prevention of health problems resulting from poor health and wellness practices;

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- 4.0 Describe behaviors that are part of a healthy lifestyle;
- 5.0 Explain aspects of nutrition important to maintaining a healthy body;
- 6.0 Read and explain labels on food packages and how it relates to selecting nutritional foods;
- 7.0 Explain the implications of being overweight or obese on one's health;
- 8.0 Explain proper weight management strategies;
- 9.0 List the steps for developing a successful personal fitness program;
- 10.0 Explain the components and dimensions of physical fitness and the benefits afforded by each;
- 11.0 Explain what is Stress and list approaches for successful stress management;
- 12.0 Discuss how exercise effects the prevention and deterrent of carcinogens;
- 13.0 Explain the cardiovascular system and list common forms of as well as risk factors of each;
- 14.0 Identify common forms of cancer, their risk factors and strategies to lower your risk;
- 15.0 Explain the effects of alcohol and tobacco on the human body;
- 16.0 List the ways that can be utilized to gracefully age; and
- 17.0 Describe the role the environment plays in a person's health and well being.

### 10. **Assessment Measures**

Assessment of student learning may include, but not be limited to, the following:

- 1.0 Quizzes and exams;
- 2.0 Class labs and projects;
- 3.0 Classroom discussions and participation; and
- 4.0 Homework/assignments.