

CUMBERLAND COUNTY COLLEGE

Course: HS 112 Dynamics of Health & Fitness

Credits: 3

Prerequisites

None

Course Description

A theory based study of exercise and its effects on humans. Topics investigated are lifestyle issues in wellness including cardiovascular function, weight management and nutrition, strength, flexibility, stress management and management and principles of exercise.

Learning Outcomes

At the completion of this course, students will be able to:

- Differentiate among the six dimensions of wellness.
- Describe how to make better choices in pursuing a wellness lifestyle.
- Apply the basic concepts in physical and mental health.
- Choose a healthy diet based on Nutritional Guidelines.
- Describe Illness prevention.
- Explain stress management and vital aging.
- Apply a healthy sexuality throughout life.
- Identify the principles of exercising and design of an individual exercise program.

Topical Outline

- Dimensions of Wellness
- Healthy Body, Healthy Mind
- Stress Effects on Health & Stress Management
- Achieve Balance in Daily Life, Feng Shui
- Successful Weight Management
- Principles of Exercising
- Design an Individual
- Illness Prevention
- Personal Safety & Environmental Health
- Substance Abuse Awareness
- Healthy Sexuality for Life
- Vital Aging

Required Texts and Other Materials

Insel, P., *Core Concepts in Health*. McGraw-Hill

Student Assessment

Assessment may be accomplished through projects, portfolios, exams, presentations and/or papers.

Academic Integrity

Plagiarism is cheating. Plagiarism is presenting in written work, in public speaking, and in oral reports the ideas or exact words of someone else without proper documentation. Whether the act of plagiarism is deliberate or accidental [ignorance of the proper rules for handling material is no excuse], plagiarism is, indeed, a “criminal” offense. As such, a plagiarized paper or report automatically receives a grade of ZERO and the student may receive a grade of F for the semester at the discretion of the instructor.

Available Resources

If you are having difficulty with work in this class, tutoring is available through the Success Center. If you think that you might have a learning disability, contact Project Assist at 856.691.8600, x1282 for information on assistance that can be provided to eligible students.

(List availability of open labs and/or writing center)

Before Withdrawing From This Course

If a student experiences adverse circumstances while enrolled in this course and considers withdrawing, s/he should see an advisor (division or advisement center) BEFORE withdrawing from the class. A withdrawal may cause harmful repercussions to completion rate standards and overall GPA which can limit or eliminate future financial aid in addition to causing academic suspension.