

NOVA COLLEGE-WIDE COURSE CONTENT SUMMARY PED 116 – LIFETIME FITNESS AND WELLNESS (2 CR.)

Course Description

Provides a study of fitness and wellness and their relationship to a healthy lifestyle. Defines fitness and wellness, evaluates the student's level of fitness and wellness, and motivates the student to incorporate physical fitness and wellness into daily living. A personal fitness/wellness plan is required Lecture 1 hour. Laboratory 2 hour. Total 3 hours per week.

General Course Purpose

This health-related course provides students with an opportunity to acquire knowledge of the basic principles of Exercise Science and how they can be applied to positively impact their daily lives. Emphasis is placed on nutrition, fitness components, weight management, stress management, major disease prevention, and the practical skills involved in promoting health, wellness, and physical fitness.

Course Prerequisites/Corequisites

All students must have a basic ability to read, write and speak English. The course requires the ability to participate in physical activities including walking, running, stretching, and lifting pushing or pulling weights. Modifications will be made for students who have a Memorandum of Accommodation (MOA) from Disabilities Services if the MOA indicates that an adapted physical program is required. The student can present the MOA at any time during the semester; but the adapted services are not effective until the MOA is provided to the instructor. For more information and eligibility, contact Disability Services at <http://www.nvcc.edu/current-students/disability-services/index.html>.

Course Objectives

Upon completing the course, the student will be able to:

- a) Explain the physiological benefits of movement, physical activity, and wellness
- b) Define principles involved in increasing and maintaining physical fitness
- c) Evaluate and apply fitness and wellness concepts to individual lifestyle
- d) Participate in wellness activities

Major Topics to be Included

- a) Wellness: dimensions, choices, and behavior change
- b) Fitness: principles, benefits, and evaluations
- c) Fitness Components: flexibility, muscular strength and endurance, cardio-respiratory endurance, body composition
- d) Cardiovascular Disease: risk factors, prevention, lipoproteins, cholesterol, blood pressure
- e) Nutrition: food and diet analysis, basic nutrients, body's use of fuel, nutritional labeling, anti-cancer vitamins; safe handling of food
- f) Weight Management: weight gain and loss, strategies for change, eating disorders, body composition, metabolism
- g) Stress Management: the body's physiological reactions, relaxation techniques, Type A&B behavior, coping mechanisms
- h) Injury Prevention: exercise injury, body mechanics, treatment

