

**J. Sargeant Reynolds Community College**  
**Course Content Summary**

**Course Prefix and Number: HLT 116**

**Credits: 3**

**Course Title:** Introduction to Personal Wellness Concepts

**Course Description (including lecture hours, lab hours, total contacts)**

Explores the relationship between personal health and physical fitness as they apply to individuals in today's society. Includes: nutrition, weight control, stress, conditioning, and drugs. Lecture 3 hours per week.

**General Course Purpose**

This course seeks to identify the individual's holistic approach to health involving: spiritual, mental, physical, and social health.

**Course Prerequisites/Corequisites** (*Entry-level competencies **required** for enrollment*):

none

**Course Objectives** (Each item should complete the following sentence.)

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

- a. define the term physical fitness and ascertain its importance to health and well-being.
- b. list the four basic food groups, understand their importance to a sound diet program and ascertain the importance of beneficial eating habits throughout a lifetime.
- c. structure and follow a sound diet.
- d. define mental health and become aware of some successful coping and stress management techniques.
- e. understand the effects of smoking on personal health and physical fitness.
- f. define aerobic conditioning and understand its relationship to cardiovascular fitness.
- g. demonstrate improved habits of health and fitness through better nutritional diet and exercise.
- h. be exposed to a variety of physical activities and assess individual physical abilities, needs and interest in relationship to various activities.
- i. choose an appropriate program of physical activity to help improve mental and physical health.
- j. recognize individual responsibility for personal health and fitness.  
understand the effects of drugs on physical fitness.

**Major Topics to be Included**

- a. Nutrition
- b. Diet and Weight Control
- c. Aerobic Conditioning
- d. Mental Health, Successful Coping, and Stress Management

- e. Smoking, Effects on Physical Activities
- f. Fitness for Life
- g. Exposure to a Variety of Physical Activities
- h. Drugs and Their Adverse Influence on Physical Fitness

**Effective Date of Course Content Summary (Month, Date Year):** August 1, 2008