

**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:** Introduces students to the dimensions of wellness including the physical, emotional, environmental, spiritual, occupational, and social components. 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 and Co-requisites:**

None

**Student Learning Outcomes:**

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; and
- k. 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

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