



U200-100: Personal Health

Course Format: Online

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Course credits: 3

Course Level: Introductory

Prerequisites: None

Course Description: This course will provide students the opportunity to develop a well-rounded understanding of health and wellness by exploring physical activity, nutrition, stress management, and other health behaviors. The course will culminate with the students creating a personal wellness plan, that includes both physical and psychological health improvement strategies.

Required Course Materials

- Textbook: Concepts of Fitness And Wellness: A Comprehensive Lifestyle Approach 13th Edition, by Charles Corbin, Gregory Welk, William Corbin, Karen Welk. **ISBN: 9781266654664**
- Be sure to purchase the McGraw Hill Connect option. The Connect option comes with the E-book for free, but you may also purchase the paper textbook along with a code for Connect.

Hardware Requirements

You will need the ability to listen to online lectures and videos via headphones or speakers. There will be transcripts available for those who need them.

A.I. Policy

Artificial intelligence (AI) language models may be used for any activity (e.g., assignment, assessment) to brainstorm or generate ideas. You are responsible for fact-checking statements composed by AI language models (e.g., confirming that the content does not violate intellectual property laws or contain false information). All work you turn in should be your own, original work. Many of the assessments in this course involve your opinion or personal health goals and AI may not be useful in these circumstances. Module 5 includes additional information regarding AI usage.

Course Learning Objectives

After completing this course, the student will be able to:

- Assess and reflect on attitudes and behaviors regarding various areas of personal health and wellness.
- Demonstrate knowledge of concepts related to health, wellness, and fitness.
- Create a plan to make changes in a self-selected area that contributes to improved health, wellness, and/or fitness.
- Develop motivational strategies to attain personal health, wellness, and/or fitness goals

Course Overview



MODULE	MODULE TOPIC	EVALUATED ACTIVITIES
1	Introduction to Wellness & Healthy Lifestyles	Discussion Board Activity Quiz
2	Determinants of Health, Wellness, & Fitness	Discussion Board Activity Quiz Lab Assignment 2A
3	Attitudes and Behavior Change	Personal Wellness Plan Checkpoint #1 Quiz Lab Assignment 3A
4	Goal Setting and Planning	Discussion Board Activity Quiz
5	Technology and Wellness	Discussion Board Activity Quiz
6	Physical Activity: Guidelines	Discussion Board Activity Quiz Lab Assignment 4A
7	Physical Activity Programming	Personal Wellness Plan Checkpoint #2 Quiz Lab Assignment 6B
8	Body Composition	Discussion Board Activity Quiz
9	Nutrition: Calories and Nutrients	Discussion Board Activity Quiz
10	Nutrition: Diet/Lifestyle Planning	Personal Wellness Plan Checkpoint #3 Quiz Lab Assignment 15A
11	The Stress Response	Discussion Board Activity Quiz
12	Stress Management	Personal Wellness Plan Checkpoint #4 Quiz Lab Assignment 16A
13	Destructive Health Behaviors	Discussion Board Activity Quiz
14	Motivational Strategies	Personal Wellness Plan Checkpoint #5 Discussion Board Activity Quiz
15	Lifelong Wellness	Discussion Board Activity Quiz Final Project: Personal Wellness Plan

Evaluation Methods

Your final grade will be based on your performance on the following:

- 1) 5 Lab Assignments (using McGraw Hill Connect) - 20 points each
- 2) 15 Canvas Quizzes – 20 points each

- 3) 11 Discussion Board Activities – 20 points each
- 4) 5 Personal Wellness Plan Checkpoints – 20 points each
- 5) Final Project Personal Wellness Plan – 100 points

Lab Assignments

These assignments are done through McGraw Hill Connect and are also found in your textbook. These assignments are meant to expand your knowledge on the module topics and help you apply the concepts to your own life.

Quizzes

The quizzes are meant to test your knowledge on the module topics and consist of multiple-choice, true/false, matching, and fill in the blank questions. There are no time limits for the quizzes, but you may only take each quiz one time. Although the quizzes are not cumulative, there are topics that will re-emerge across several modules.

Discussion Board Activities

The activities on the discussion board are small assignments meant to help you digest and apply the material learned in the module. These activities are done on the discussion board so that you can learn from others who have taken the course. You are welcome to respectfully comment on your peers' posts, but it is not required unless specifically requested in the discussion prompt.

Personal Wellness Plan and Checkpoint Activities

Throughout the course you will work on developing a personal wellness plan. The plan will include several parts that address health needs, wellness goals, behavior change plans and motivation. Each checkpoint activity is a part of that personal wellness plan. You will use the provided template and continue adding to it as you progress through the course. By the end of the course, you will have completed the entire Personal Wellness Plan.

Grading Scale

The following grading scale is used to evaluate all course requirements and determine your final grade:

A = 93–100	B = 83–87.9	C = 70–77.9	D = 60–69.9
AB = 88–92.9	BC = 78–82.9		F = Below 60

Pass/Fail Option

Students who enroll in an Independent Learning (IL) course under the pass/fail option will receive a final grade of S in place of a final grade equivalent to an A, AB, B, BC, or C and a final grade of U in place of a final grade equivalent to a D or F.