

U200-100: Personal Health**Course Format:** Online**Course Author/s:** Lindsey Greviskes, M.S.Ed., PhD**Course credits:** 3**Pre/Corequisites:** 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, which 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
- 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.

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 Topics
1	Introduction to Wellness & Healthy Lifestyles	Discussion Board Activity Quiz Lab Assignment

2	Determinants of Health, Wellness, & Fitness	Discussion Board Activity Quiz
3	Attitudes and Behavior Change	Discussion Board Activity Quiz Lab Assignment
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
7	Physical Activity Programming	Discussion Board Activity Quiz Lab Assignment
8	Body Composition	Discussion Board Activity Quiz
9	Nutrition: Calories and Nutrients	Discussion Board Activity Quiz
10	Nutrition: Diet/Lifestyle Planning	Discussion Board Activity Quiz Lab Assignment
11	The Stress Response	Discussion Board Activity Quiz
12	Stress Management	Discussion Board Activity Quiz Lab Assignment
13	Destructive Health Behaviors	Discussion Board Activity Quiz
14	Motivational Strategies	Discussion Board Activity Quiz Lab Assignment
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:



- 7 Lab Assignments (using McGraw Hill Connect) - 30 points each
- 15 Canvas Quizzes – 20 points each
- 15 Discussion Board Activities – 20 points each
- 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 and many are also a part of the Personal Wellness Plan Assignment. 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 since this is an independent learning course.

Personal Wellness Plan

This assignment will be your final project for the course. You will create a comprehensive wellness plan that you can use during and beyond this course. Most of the plan will be conducted throughout the semester as you complete the discussion board activities, but you will need to put those activities together in one cohesive plan for your final project.

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.