PHED 110. WELLNESS (2)
Two hours of lecture per week. Examines the interrelationship of the mind and body as it relates to the concept of Wellness. Covers physical fitness, sport selection, and differing types of exercise. This is not an activity/ performance course.

GenEd: E

2. Mode of Instruction.

<table>
<thead>
<tr>
<th>Units</th>
<th>Hours per Unit</th>
<th>Benchmark Enrollment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lecture</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>Seminar</td>
<td></td>
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<tr>
<td>Laboratory</td>
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<tr>
<td>Activity</td>
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</tbody>
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3. Justification and Learning Objectives for the Course.

The course is designed to meet Category E in the General Education and the concentration in Physical Education and Health in the Liberal Studies Teaching and Learning Option. This is not an activity/ performance course.

Upon successful completion of this course, the student will be able to:

- Develop a conceptual understanding of behavior as it relates to health, wellness and their antitheses.
- Discuss emotional, physical, mental, spiritual and social determinants of health, wellness and health behavior.
- Examine cultural concepts and variables that influence health, wellness and health behavior.
- Evaluate and apply important models and theories of health behavior.

4. Is this a General Education Course

If Yes, indicate GE category:

A (English Language, Communication, Critical Thinking)
B (Life Sciences)
C (Fine Arts, Literature, Languages & Cultures)
D (Social Perspectives)
E (Human Psychological and Physiological Perspectives) X

5. Course Content in Outline Form.

a. Wellness terminology
b. The Wellness Community
c. Exercise forms
d. Diet and Nutrition
e. Fitness Regimen
f. Heart Disease
g. Mind Body Connection

6. References.


NEWCRSFR 9/30/02
7. List Faculty Qualified to Teach This Course.
   Faculty

8. Frequency.
   a. Projected semesters to be offered: Fall ___ X ___ Spring _____ Summer ____

9. New Resources Required.
   a. Computer (data processing)
      audio visual, broadcasting needs, other equipment
   b. Library needs
   c. Facility/space needs
      Gymnasium, Conference Hall

10. Consultation.
    Attach consultation sheet from all program areas, Library, and others (if necessary)

11. If this new course will alter any degree, credential, certificate, or minor in your program, attach a program modification.

   Philip Hampton 1/8/03
   ______________________________________________________
   Proposer of Course  Date