

# CALIFORNIA STATE UNIVERSITY CHANNEL ISLANDS

## NEW COURSE PROPOSAL

PROGRAM AREA LIBERAL STUDIES

### 1. Catalog Description of the Course:

#### 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.

	Units	Hours per Unit	Benchmark Enrollment
Lecture	2	1	35
Seminar			
Laboratory			
Activity			

### 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

**YES**

NO

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.

- Wellness terminology
- The Wellness Community
- Exercise forms
- Diet and Nutrition
- Fitness Regimen
- Heart Disease
- Mind Body Connection

### 6. References.

D. Nutbeam and E. Harris, *Theory in a Nutshell: A Guide to Health Promotion Theory*, 2000.

K. Glanz, F. M. Lewis, and B. K. Rimer, *Health Behavior and Health Education*, 1997.

J. Douillard, B. J. King, and M. Navratilova, *Body, Mind and Sport*, 2001.

**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

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Proposer of Course

Date