

**Eastern WV Community & Technical College
Master Course Record**

Course Prefix and Number: HPE 230
Course Title: Human Health and Wellness
Recommended Transcript Title: Human Health and Wellness
Date Approved/Revised: 10/1/12; 10/5/17
Credit Hours: 3 Contact hours per week (Based on 15 week term): Lecture: 3 Lab:
Prerequisite: None Corequisite: None Pre/Corequisite: None
Grading Mode: Letter
Catalog Description: The study of health promotion, wellness, and disease prevention concepts as applied to individual, familial, and community health.
Course Outcomes: <ol style="list-style-type: none"> 1. Define wellness 2. Discuss methods of changing behavior 3. Describe how to develop and assess physical fitness 4. Identify how to maximize cardio respiratory fitness 5. Describe how to develop flexibility and muscular fitness 6. Categorize special exercise considerations 7. Examine common injuries and care of the lower back 8. Explain auditory health 9. Develop methodologies for coping with stress 10. Construct diet plan for healthy eating 11. Identify strategies for achieving and maintaining healthy weight 12. Discuss cancer prevention 13. Understand substance abuse and addictive behavior 14. Identify ways to prevent sexually transmitted diseases 15. Analyze lifetime wellness issues
Implementation Cycle: Fall
Role in College Curriculum: (Check all that apply) <input type="checkbox"/> General Education Core (Specify category) <input type="checkbox"/> Technical Core (Specify Program) <input type="checkbox"/> Restricted Elective (Specify Program) <input checked="" type="checkbox"/> General Elective (A.A., A.S.) <input type="checkbox"/> Workforce Education <input type="checkbox"/> Other (Please specify)
Course Fee: None
Instructor's Qualifications: Master's degree with 18 credit hours in related field.

Course Number & Title: HPE 230 Human Health & Wellness

Date Prepared/Revised: 10/1/12

Approved by Curriculum Committee: 10/5/17

Approved by LCT: 10/16/17

Expanded Course Description Explores inconsistencies related to published studies and common beliefs about health and wellness.

Prepared by: Debra Backus/Reviewed by Mike Jordan
Mike Jordan, Adjunct Faculty, 10/5/17

Approved Per LOT Minutes

Dean, Academic and Student Services

Date