

Lifetime Wellness/Fitness

HLTH - 1500 001

Course Description

This interdisciplinary course teaches students to become active participants in achieving wellness in the physical, intellectual, emotional, social, spiritual and environmental areas of health in their lives.

Semester: All

Course Student Learning Outcomes

- Demonstrate knowledge of and apply strategies to improve their quality of life in relation to exercise, nutrition, sleep, communication, and managing stress.
- Demonstrate an understanding of what lifestyle factors cause disease and how they can incorporate self-assessment and behavior change strategies to reduce their risk for disease.
- Identify and apply techniques for everyday healthful living, including strategies for conflict management, building and maintaining relationships, and lowering their risk of injury.
- Demonstrate knowledge and understanding about personality, attitude, and communication styles that they use in various types of relationships to better understand others and take responsibility for their own behavior.
- Engage in experiences that will give them the opportunity to process in-class information, assess their own attitudes, values, beliefs, and behaviors, and then design and implement strategies toward making better lifestyle choices that impact not only themselves but others.

- Develop information and health literacy skills to find and interpret reliable sources of health information.

Course Learning Outcomes

This interdisciplinary course teaches students to become active participants responsible for achieving a higher-level overall health and wellness in their lives. There is an emphasis on the physical, intellectual, emotional, social, interpersonal, and environmental dimensions of wellness. Students will gain an understanding of concepts related to health promotion and disease prevention and develop skills to promote health-enhancing behaviors. This course does not satisfy any General Education requirements.

COURSE OUTCOMES:

1. Students will identify and apply strategies to improve their quality of life in relation to exercise, nutrition, sleep, communication, and managing stress.
2. Students will recall lifestyle factors that cause disease and understand how they can incorporate self-assessment and behavior change strategies to reduce their risk for disease.
3. Students will identify and apply techniques for everyday healthful living, including strategies for conflict management, building and maintaining relationships, and lowering their risk of injury.
4. Students will describe personality, attitude, and communication styles that they use in various types of relationships to better understand others and take responsibility for their own behavior.
5. Students will engage in experiences that will give them the opportunity to process in-class information, assess their own attitudes, values, beliefs, and behaviors, and then design and implement strategies toward making better lifestyle choices that impact not only themselves but others.
6. Students will use information and health literacy skills to find and interpret reliable sources of health information.

Course Prerequisites

None

Required Text or Materials

Title: Connect Core Concepts in Health BRIEF, 18th Edition (included with course fee)

Authors: Insel and Roth

For more information on textbook accessibility, contact Accessibility & Disability Services at ads@slcc.edu.

Assignment Schedule

Due Date	Assignment Name	Assignment Type	Points
	Ch. 14 Review Activity	Assignment	10
	Ch. 17 PSA Project	Assignment	25
	Ch. 2 Notes and Group Activity (In-class)	Assignment	10
	Chain of Infection Activity	Assignment	10
	Conflict Management Scenarios Activity	Assignment	10
	Evaluating Weight Management Programs/Products Activity & Class Notes	Assignment	10
	Evaluating Your Lifestyle	Assignment	5
	Heart Healthy Restaurant Choices	Assignment	10
	Introduce Yourself	Discussion	0

Due Date	Assignment Name	Assignment Type	Points
	Mar. 3 Quiz & Psychological Health Resources Activity	Assignment	10
	Meal Planning Activity & Quiz (In-class)	Assignment	10
	Midterm Check-in & Participation Self-Assessment (Extra Credit)	Quiz	0
	Quiz & Guidelines for Effective Communication Worksheet (In-class)	Assignment	10
	Relaxation Techniques Extra Credit	Assignment	0
	Roll Call Attendance	Assignment	0
	Sleep Diary Extra Credit	Assignment	0
	Tobacco Advertising and Marketing Activity	Assignment	10
	Understanding Nutrient Claims, Nutrition Facts, and Ingredients activity (In class)	Assignment	10
8/31/25	Ch. 1 SmartBook	Assignment	10
9/3/25	Ch. 11 SmartBook	Assignment	10

Due Date	Assignment Name	Assignment Type	Points
9/3/25	Exercise Readiness Questionnaire (PAR-Q).	Quiz	9
9/3/25	Syllabus Discussion	Discussion	10
9/7/25	Beginning of Course Survey - Extra Credit	Quiz	0
9/7/25	Behavior Change Contract (PLO-FITTECH-4).	Assignment	25
9/7/25	FITT Log #1 (PLO-FITTECH-2).	Assignment	15
9/10/25	Ch. 10 SmartBook	Assignment	10
9/14/25	Ch. 12 SmartBook	Assignment	10
9/14/25	FITT Log #2 (PLO-FITTECH-2).	Assignment	15
9/17/25	Perspectives on Wellness Interviews	Assignment	25
9/21/25	Proctoring Enabled: Exam 1 (Ch. 1, 10, 11, & 12).	Assignment	50
9/21/25	FITT Log #3 (PLO-FITTECH-2).	Assignment	15
9/24/25	3-Day Nutrition and Activity Analysis	Assignment	50
9/24/25	Behavior Change Check-in	Quiz	6
9/28/25	Ch. 2 SmartBook	Assignment	10

Due Date	Assignment Name	Assignment Type	Points
9/28/25	FITT Log #4 (PLO-FITTECH-2).	Assignment	15
10/5/25	Ch. 3 SmartBook	Assignment	10
10/5/25	FITT Log #5 (PLO-FITTECH-2).	Assignment	15
10/8/25	Stress Management Plan	Assignment	30
10/12/25	Ch. 4 SmartBook	Assignment	10
10/12/25	FITT Log Reflection	Assignment	25
10/15/25	Behavior Change Check-in 2	Quiz	6
10/20/25	Proctoring Enabled: Exam 2 (Ch. 2, 3, & 4).	Assignment	10
10/20/25	AK #1	Assignment	15
10/22/25	Ch. 5 SmartBook	Assignment	10
10/26/25	Ch. 13 Smartbook	Assignment	10
10/26/25	AK #2	Assignment	15
10/29/25	Reflective Listening Activity	Assignment	25
11/2/25	Ch. 8 SmartBook	Assignment	10
11/2/25	AK #3	Assignment	15
11/9/25	Proctoring Enabled: Exam 3 (Ch. 5, 13, & 8).	Assignment	50
11/9/25	AK #4	Assignment	15

Due Date	Assignment Name	Assignment Type	Points
11/12/25	Behavior Change Check-in 3	Quiz	6
11/16/25	Ch. 9 SmartBook	Assignment	10
11/16/25	AK #5	Assignment	15
11/19/25	Family Health History	Assignment	50
11/23/25	Ch. 14 SmartBook	Assignment	10
11/23/25	AK Reflection	Assignment	25
12/3/25	Ch. 17 SmartBook	Assignment	10
12/7/25	Final Reflection	Assignment	50
12/10/25	SKIP Volunteering_ Extra Credit	Assignment	0
12/14/25	Proctoring Enabled: Exam 4 (Ch. 9, 14, & 17)	Assignment	50
12/14/25	End of Course Survey - Extra Credit	Quiz	0

How to Navigate to Canvas

Institutional Policies

As members of our academic community, we would like to invite you to review the Institutional Syllabus which covers important policies and procedures. This document contains important links for students on the code of student rights and responsibilities, academic integrity, and grading policies, Title IX and other important acknowledgements.

By familiarizing yourself with this information, you can help us create a safe and respectful environment for everyone.

For more information, navigate to the Institutional Policies tab on the [Institutional Syllabus](#) page.

[Learning Support and Tutoring Services](#)

We are pleased to offer a range of tutoring and learning support services to help you achieve your academic goals. Whether you need assistance with a specific subject or want to improve your study skills, you have many options for tutoring or other support.

To learn more about the services we offer and how to access them, visit the [Institutional Syllabus](#) page under the Tutoring and Learning Support tab. We encourage you to take advantage of these resources to help you succeed in your studies. If you have any questions or would like to schedule a tutoring session, please don't hesitate to reach out to us. We are here to support you in any way we can.

[Advising and Counseling Support Services](#)

At our institution, we are committed to supporting your academic and personal growth. That's why we offer a range of advising and counseling services to help you navigate the challenges of college life. To learn more about the resources available to you and how to access them, visit the [Institutional Syllabus](#) page under the Advising and Counseling Support Services tab. Our advising team and the support centers across campus are here to support you in achieving your goals and overcoming any obstacles you may face.

[Additional Policies](#)

INSTRUCTIONAL CONTINUITY AND CONTINGENCY PLAN:

In the event of a campus emergency, mandatory action for air quality, inclement weather, instructor absence, or other event that disrupts academic activities the instructor may need to adjust the following:

- course format
- assignments and deadlines

- grading policies
- other course requirements

Possible changes to the class format could include:

- shifting from in-person to alternative online assignments such as completing an online assignment or discussion at home to count for attendance/participation points
- shifting from in-person to livestream (Zoom) class

Information about changes in the course will be communicated as soon as possible via email and in Canvas. The instructor will do their best to notify students in a timely manner. They will comply with state and college recommendations in making a decision that is in the best interest of the class. It is the responsibility of the student to check Canvas and their email not only regularly but also when there is the potential threat of a disruption to academic activities. Students are expected to contact their instructor promptly if they have any questions or concerns.

ACCESSIBILITY AND DISABILITY SERVICES:

SLCC values inclusive learning environments and strives to make all aspects of the College accessible to our students. If you have a disability and believe you need accommodations to improve access to learning materials or the learning environment, please contact the Disability Resource Center: (phone) 801-957-4659; (email) drc@slcc.edu; (website) www.slcc.edu/drc.

SLCC values inclusive learning environments and strives to make all aspects of the College accessible to our students. If you have a disability and believe you need accommodations to improve access to learning materials of the learning environment, please contact the Disability Resource Center.

Phone: 801-957-4659

Email: drc@slcc.edu

Webpage: Accessibility and Disability Resources Homepage

Please refer to the Institutional Syllabus in the main menu in Canvas for additional policies, procedures, and services available to students.