

# HPER 100 : Wellness, and Fitness

**Credits:** 2

**Class Hours:** 4 lecture/lab

**Prerequisites:** Qualified for ENG 100S.

**Description:** In this course, students develop an understanding of how their lifestyle choices have an effect on their personal wellness and physical fitness. Students will explore the progression of conditioning exercises and activities that develop and maintain physical fitness, and lifestyle choices that maintain health and wellness. This course will take place in both the classroom and lab setting.

**Semester Offered:** Fall

**Course Student Learning Outcomes (CSLOs):**

1. Participate in exercise that promotes health and wellness.
2. Use medical terms to describe muscular and skeletal systems and related functions.
3. Describe structure and function of the reproductive system and characteristics of sexually transmitted infections.
4. Research and evaluate evidence of lifestyle choices on human health.
5. Identify personal wellness goals and develop a plan that promotes a healthy lifestyle.