



## Course Number and Title: HLH 102 Physical Activity for Health

**Campus Location:**

Wilmington

**Effective Date:**

2018-51

**Prerequisite:**

ENG 006 or higher, SSC 100 or concurrent

**Co-Requisites:**

None

**Course Credits and Hours:**

1.00 credits

1.00 lecture hours/week

1.00 lab hours/week

**Course Description:**

This introductory health course is designed to promote regular physical activity as an important component of health and wellness. Students learn the significant role exercise plays in the prevention of disease and participate in a variety of exercise experiences. Students identify appropriate physical activity goals and create individual plans to incorporate these activities into a healthy lifestyle.

**Required Text(s):**

Obtain current textbook information by viewing the [campus bookstore - https://www.dtcc.edu/bookstores](https://www.dtcc.edu/bookstores) online or visit a campus bookstore. Check your course schedule for the course number and section.

**Additional Materials:**

None

**Schedule Type:**

Classroom Course

Online Course

**Disclaimer:**

None

**Core Course Performance Objectives (CCPOs):**

1. Describe the components of health and how they relate to total wellness. (CCC 1, 5, 6)
2. Review the role of physical activity in the prevention of disease. (CCC 1, 5, 6)
3. Identify the factors that influence the development of health behaviors. (CCC 1, 4, 5)
4. Evaluate the benefits of increased participation in regular physical activity. (CCC 2, 4, 6)

See Core Curriculum Competencies and Program Graduate Competencies at the end of the syllabus. CCPOs are linked to every competency they develop.

**Measurable Performance Objectives (MPOs):**

Upon completion of this course, the student will:

1. Describe the components of health and how they relate to total wellness.
  1. Define *health* and *wellness*.
  2. Identify the six dimensions of wellness.
  3. Describe the components of physical fitness.
2. Review the role of physical activity in the prevention of disease.
  1. Describe the body's response to physical activity.
  2. Discuss the benefits of regular physical activity.
  3. Explain how physical activity reduces the risk of disease.
  4. Identify the amount of physical activity that is recommended for developing health and fitness.
3. Identify the factors that influence the development of health behaviors.
  1. Identify the risk factors involved in participating in physical activity.
  2. Explain the best ways to prevent common exercise injuries.
  3. Discuss barriers to participating in regular physical activity.
  4. Identify resources that increase opportunities for participating in regular physical activity.
  5. Describe personal stage of readiness for increasing level of participation in regular physical activity.
  6. Explain the steps of creating a behavior management plan.
4. Evaluate the benefits of increased participation in regular physical activity.
  1. Assess personal physical activity level.
  2. Compare the benefits of participation in various physical activities.
  3. Describe the factors involved in designing a personal exercise program.
  4. Create a plan for increasing participation in regular physical activity.

**Evaluation Criteria/Policies:**

Students must demonstrate proficiency on all CCPOs at a minimal 75 percent level to successfully complete the course. The grade will be determined using the Delaware Tech grading system:

92	-	100	=	A
83	-	91	=	B
75	-	82	=	C
0	-	74	=	F

Students should refer to the [Student Handbook - https://www.dtcc.edu/handbook](https://www.dtcc.edu/handbook) for information on the Academic Standing Policy, the Academic Integrity Policy, Student Rights and Responsibilities, and other policies relevant to their academic progress.

**Core Curriculum Competencies (CCCs are the competencies every graduate will develop):**

1. Apply clear and effective communication skills.
2. Use critical thinking to solve problems.
3. Collaborate to achieve a common goal.
4. Demonstrate professional and ethical conduct.
5. Use information literacy for effective vocational and/or academic research.
6. Apply quantitative reasoning and/or scientific inquiry to solve practical problems.

**Program Graduate Competencies (PGCs are the competencies every graduate will develop specific to his or her major):**

None

**Disabilities Support Statement:**

The College is committed to providing reasonable accommodations for students with disabilities. Students are encouraged to schedule an appointment with the campus Disabilities Support Counselor to request an accommodation needed due to a disability. A listing of campus Disabilities Support Counselors and contact information can be found at the [disabilities services - https://www.dtcc.edu/disabilitysupport](https://www.dtcc.edu/disabilitysupport) web page or visit the campus Advising Center.