

Health and wellness education

[Health & Medicine](#)



HealthAnd WellnessEducationHWE 100 HUMAN NUTRITION 3 CREDITS

Introduces basic principles of nutrition with emphasis on personal nutrition.

Satisfies nutrition requirement of students entering healthcare professions.

HWE 108 WEIGHT LOSS 1 CREDIT Focuses on combining a healthy diet and exercise to shed unwanted pounds and inches. The course will include online

sessions that will focus on personal habits including diet that lead to weight

gain and exercise session appropriate for the student. *HWE 111 HEALTH

AND FITNESS * 3 CREDITS Studies health and fitness in the U.

S. today. The course will look at personal health issues, managing stress,

nutrition and healthy life styles. HWE 122 RESPONDING TO Provides standard

first aid and CPR, with a more in-depth look at sudden illness, specific

disease, and emergencies. *HWE 124 FITNESS AND WELLNESS * 2 CREDITS

Provides information on fitness and wellness and to serve as a guide to

design, implement, and evaluate a complete personal fitness and wellness

program. The course integrates the basic components of fitness and wellness

in understanding human health in order to achieve well-being.

This course offers current information in the health field and provides self-

assessments for health risk and wellness behaviors. This includes lifestyle

modification, nutrition, weight management, stress management,

cardiovascular and cancer risk reduction, exercise and aging, exercise

related injury, exercise and the environment, prevention of sexually

transmitted diseases, substance abuse (including tobacco, alcohol and other

psychoactive drugs), and analysis and interpretation of research publications

and Web sites in health and wellness. *HWE 125 INTRO* TO HUMAN

PERFORMANCE 3 CREDITS

<https://assignbuster.com/health-and-wellness-education/>

This class is a survey of the discipline of kinesiology, including knowledge derived from performing physical activity, studying about physical activity, and professional practice centered in physical activity. It includes an analysis of the importance of physical activity in daily life, the relationship between physical activity and the discipline of kinesiology, the general effects of physical activity experiences. The course surveys the general knowledge base of the discipline as reflected in the major subdisciplines and reviews selected concepts in each, showing how they contribute to our understanding of the nature and importance of physical activity. In addition, the course introduces students to the general characteristics of the professions to Specific types of physical activity professions typically pursued by those graduating from a program of kinesiology, and assists them in making some early career decisions. *HWE 136 SKILLS & Methods* OF This course is intended for HUP majors. It is designed to acquaint the student with the basic skills, methods and techniques necessary to be a competent exercise leader in the area of resistance training. Emphasis will be placed on understanding selection of appropriate teaching progressions that relate to the weight room and fitness facility as well as the science of human motion and muscle/joint structure and function as it relates to fitness. HWE 230 EXERCISE AND SPORTS Teaches students how to apply behavioral principles and techniques that may help people increase their motivation to exercise and change health-impairing behaviors. The course is based on research, theory, and practical application in the field of physical activity.

Examination of theories and current research related to sport and exercise behavior will be covered. The student will be introduced to the field of

kinesiology by providing a broad overview of the major topics in the area.

***HWE 237 EXERCISE*, NUTRITION** Discusses the concepts of improved performance in all fitness areas. Emphasis is placed upon updated information associated with nutrition and human performance. Measurement of body composition is used as it correlates to training and diet/ exercise programs. Introduces the student to the physiological responses and adaptations of individuals to exercise as well as the application to sports medicine, rehabilitation and general fitness. The laboratory provides experiences that demonstrate the underlying theoretical constructs that govern physiological responses and adaptations to exercise. **PREREQUISITE:** BIO 201, “ C” or better. **HWE 248 EXERCISE TESTING AND** Provides the student with the opportunity to conduct laboratory fitness assessments, evaluate test results and develop exercise prescriptions. In addition, the student will be expected to become knowledgeable about the promotion and marketing of fitness programs. **HWE 255 CERTIFIED PERSONAL TRAINER** Provides the student with theoretical knowledge and practical skills in preparation for a nationally recognized personal training certification approved by the Colorado Community College System. These Certifications are limited to the following: ACSM, ACE, NSCA, NCSF, AFAA, and AEA. Upon certification, the student will have the ability to develop and implement exercise programs for healthy populations and/or those individuals with medical clearance to exercise.

Designed for all majors in the Human Performance Program and provides the student on-the-job training. The student will have the opportunity to further integrate academic knowledge and apply those skills gained through the

Human Performance degree curriculum. Working in various capacities within the ACC Fitness/Aquatic Center, Physical Education department and the Employee Wellness Program will be required. Students should receive entry-level proficiency at the completion of the HWE 248, HWE 237 and HWE 122 or current CPR-PR/AED and First Aid Certification.