

PERSONAL FITNESS AND WELLNESS

KNSS 1210

PSI 3095

Applications due September 9

PROGRAM DESCRIPTION

This course is designed to introduce the student to the fundamental principles concerning physical fitness and wellness. Emphasis is placed on the practical application of the basic concepts of physical fitness and nutrition. There is a lecture component that includes classroom and online teaching, and a lab component that will allow for practical application of physical fitness topics.



Student Eligibility & Prerequisites

This program is available to all CESD students:

Prerequisite: Biology 20

1. Who are excited about learning and sharing their ideas
2. Who are in grades 10, 11 or 12 and who have an interest in learning about the Financial sector.
3. Who are able to commit to the duration of the program, participating in learning activities and completing assignments and tests as scheduled, and who can meet regularly with the Off Campus Teacher to communicate about progress in the course and to identify strategies for success.

Course Outline

1. Describe current health concepts personally, locally and globally.
2. Explain the seven dimensions of health/wellness and their influence on personal health.
3. Describe various theories and methods relating to healthy behavior change.
4. Employ basic nutrition concepts and explain how they impact health.
5. Demonstrate the basic concepts of physical activity and fitness and explain how they impact health.
6. Compare basic stress management practices and explain how they impact health.
7. Follow a self care plan based on personal needs.
8. Recognize the importance of balancing the seven dimensions of health/wellness in the pursuit of lifelong wellness.

TOPICS:

- North American health statistics and concerns.
- Behavior change towards health and wellness
- Nutrition and its relationship to health, weight management, diabetes and obesity.
- Physical fitness – including cardio-respiratory, strength training, flexibility, running, skill related fitness, low back care, and injury prevention.
- Mental illness – including stress, depression, eating disorders
- Health related topics – including coronary heart disease, alcohol, drugs in Central Alberta, Cancer, Tobacco, AIDS, STD's / STI's

ADDITIONAL INFORMATION

- Students' marks will appear on their high school transcript as well as their post-secondary transcript.
- Students should have the support and guidance of their parents if they are to pursue online dual credit opportunities.
- Deadlines Matter! Students must be able to communicate with the instructor and the key school contact when alternative arrangements need to be made.
- The student understands the expectations of the dual credit program by realizing that they should be working on these opportunities for a minimum of 5-10 hours a week.



Cost

Tuition - \$0
(savings of approx \$500)

Textbooks and materials - \$0

Five 30 level HS credits
Three PS credits