PE1109 - Wellness Skills

Credits:	2 (1/1/0)
Description:	This course is designed to introduce wellness concepts and provide the knowledge and skills necessary to develop a healthy physical, mental and social lifestyle. Students will actively seek to develop and maintain a balance of these elements through increased knowledge of appropriate activities including positive and responsible belief systems and choices. Topics may include anatomy, physiology, kinesiology, emotional/mental health, nutrition, fitness, weight management, drug use/abuse, planning and commitment to change. Course includes physical activity participation by students.
Prerequisites:	
Corequisites:	
Pre/Corequisites*:	
Competencies:	1. Define wellness and one's own status relating to wellness. 2. Develop evaluation skills for one's own wellness. 3. Evaluate societal attitudes as they relate to obtaining and maintaining wellness for healthy living. 4. Identify components of positive emotional health. 5. Establish short- and long-term goals for lifetime wellness. 6. Provide tools for stress management. 7. Create an individual plan through lab exercises and studies to achieve a healthy lifestyle. 8. Record the enhancement of physical improvement.
MnTC goal areas:	None

**Can be taking as a Prerequisite or Corequisite.*

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