

## 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:	<ol style="list-style-type: none"> <li>1. Define wellness and one's own status relating to wellness.</li> <li>2. Develop evaluation skills for one's own wellness.</li> <li>3. Evaluate societal attitudes as they relate to obtaining and maintaining wellness for healthy living.</li> <li>4. Identify components of positive emotional health.</li> <li>5. Establish short- and long-term goals for lifetime wellness.</li> <li>6. Provide tools for stress management.</li> <li>7. Create an individual plan through lab exercises and studies to achieve a healthy lifestyle.</li> <li>8. Record the enhancement of physical improvement.</li> </ol>
MnTC goal areas:	None

\*Can be taking as a Prerequisite or Corequisite.