

# HED 1201

## Concepts of Fitness and Health

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### *General Description*

#### **Welcome**

Welcome to Concepts of Fitness and Health. I hope that you enjoy this course and gain a greater understanding about the importance of taking responsibility for your own health and well-being. This course is fun and unique in that it gives you an opportunity to learn more about your own health. You will:

- spend time reflecting on your diet, level of exercise, alcohol use, sexual habits, and disease-prevention habits
- learn disease-prevention recommendations and the scientific principles supporting them
- analyze your family health history and disease patterns and develop a plan to reduce your risk for diseases.

In the end, you will learn more about yourself, your family, and what you need to do to prevent disease.

#### **Your Instructor**

My name is Jill Miller. I have a degree in exercise physiology from the University of California, Davis, and a master's in public health from the University of North Carolina, Greensboro. I have been teaching online courses for Winston-Salem State University for several years.

I am an outdoor enthusiast and avid trail runner. I try to practice and promote functional activity, that is, physical activity while we move through the daily tasks of our lives. This means I advocate the use of human-powered transportation (such as walking and biking) for getting to work, school, the store, and other locations. I support community design that encourages healthy lifestyles, such as bike paths, mixed residential and

commercial areas, and pedestrian-friendly commercial and transit areas. I hope you will share my enthusiasm about a healthful lifestyle!

## **Course Description**

This course is designed to introduce you to the fundamental aspects of healthful living. You will learn lifestyle risk factors and disease patterns. You will develop risk-reduction plans that explore health-related topics such as nutrition and weight control, chronic diseases, stress reduction, substance abuse, and sexually transmitted diseases.

The course is organized into nine lessons with the following sections:

- objectives
- reading assignment
- my lecture notes
- written assignments, including a journal entry.

Some lessons assign readings from government Web sites, which are reprinted in this manual. When you have finished the readings, complete and submit the written assignment and journal entry for grading.

## **Learning Objectives**

Upon the completion of this course, you should be able to:

- explain the concepts of health, wellness, disease, and disease prevention
- discuss the importance of self-responsibility and knowledge as they relate to personal health and disease prevention
- describe fundamental concepts and facts appropriate for adults related to personal health
- describe the elements of a healthy diet, physical fitness, and a weight management program
- give examples of scientifically derived prevention approaches for specific health problems, age groups, and community settings

- analyze health information and research findings presented in popular media and scientific or professional sources.

## **Required Text**

P.M. Insel and W.T. Roth, *Core Concepts in Health*, 10th edition update, New York: McGraw-Hill (2008).

The text may be purchased from Friday Center Books & Gifts in person, by mailing the book order form at the end of this general description, or online at <https://s4.its.unc.edu/HigherGrounds/>.

## **Course Requirements**

This course requires you to be an active learner and participant. Naturally, you will study the assigned reading materials and lecture notes, but you must also be a keen observer of your own health behaviors and complete personal health assessments that require thoughtful reflection. You will learn the scientific basis for many health recommendations and will use this information to formulate realistic action plans that incorporate those recommendations into your lifestyle.

The following components will be used to assess your knowledge and performance in the course:

- **Written Assignments.** In each lesson, you will be assigned various tasks such as completing personal health assessments or detailing and writing about health concepts. Please format your written work so that I know what you are responding to—copy each question before your answer. Each lesson assignment is worth 100 points, for a total of 900 points, which is approximately 70 percent of your final grade.
- **Journal Entries.** In each lesson, you will be required to make a journal entry related to the lesson topic. The journal entry will explore your attitudes, opinions, and beliefs about health. Each journal entry is worth 10 points, for a total of 90 points, which is approximately 5 percent of your final grade.
- **Final Exam.** The final exam is comprehensive, meaning it will cover all of the topics discussed throughout the

course. The exam will consist of multiple choice, true/false, short answer, and essay questions. The final exam is worth 300 points, which is approximately 25 percent of your final grade. The final exam is open-book, and you will submit it just as you would a lesson written assignment.

## **Grading**

Your grade will be based on the following scale:

A	93–100 percent
A–	90–92 percent
B+	87–89 percent
B	83–86 percent
B–	80–82 percent
C+	77–79 percent
C	73–76 percent
C–	70–72 percent
D	60–69 percent
F	59 percent and below

Grades are based on the organization and the quality of your work. You will also be evaluated on your ability to apply, describe, and interpret scientific principles. Journal entries require thoughtful reflection on your personal health, and may require you to discuss ideas and support them by scientific data and references. You will also be evaluated on the quality of the entries.

## **Submitting Assignments**

Mail your written work for each lesson, along with a submission sheet, to the Self-paced Courses office, where Credit Programs for Part-time Students staff record receipt of your assignments and forward your work to me.

## **How to Proceed**

Before you begin the course, please glance through the lessons to get an idea of what we will be covering.

To begin, simply turn to Lesson 1 and begin working.

It is important that you complete the reading assignment *and* read the lecture notes before attempting the written assignment and journal entry. The lecture notes often include additional information required for completing the written assignment. As you read the textbook, follow along with the lecture notes and make additional notes as necessary. Using this method will greatly increase your understanding of the material. The most successful students in this course complete the reading and lecture notes before attempting the assignment, answer self-assessments honestly, spend time reflecting on their own health behaviors, learn the scientific basis for health recommendations, and finally, observe their surroundings and consider how those surroundings prevent or promote a healthy lifestyle.

As you study the materials, jot down questions or comments that are important to you. Send these to me along with your written assignment and I will be happy to give you my answers or opinions. Also, if you have any special interests or experiences related to the topics, please be sure to share them with me. Correspondence courses work best if we can establish a dialogue.

Along with your first assignment, you will submit a Personal Information Sheet. Please let me know if there are any special circumstances related to your enrollment, such as deadlines you are trying to meet or hardships you may face while completing the work. While you are expected to complete all of the course requirements as stated in the manual, I may be able to enhance your learning experience if I am aware of your needs and interests.

## **A Final Word**

Again, welcome to Concepts of Fitness and Health. Good luck, and I look forward to working with you. It's in your hands now—time to get started!