



North Iowa Area Community College

Course Outline

Please follow the included instructions when completing this form. Direct questions to Division Chair. After Course Outline is completed, please submit to Division Chair for review, who then submits to Administrative Assistant to the Vice President for Academic Affairs for review by the Curriculum and Academic Affairs Council (CAAC).

Prepared by: Heather DeWaard-Flickinger

Date Approved by CAAC: September 23, 2019

Course Title: Personal Wellness

Course Number: PEH-111

Equivalent Prior Course Numbers: n/a

Academic Division/Department: Physical Fitness and Wellness

Credits – Semester Hours (s.h.):

Contact Hours As defined by the Iowa Department of Education in consultation with Division Chair/Registrar (see attached instructions).

Lecture:	<input type="text" value="45"/>	1 s.h. = 15 contact hours
Lab:	<input type="text" value="0"/>	1 s.h. = 30 contact hours
Clinical Practice:	<input type="text" value="0"/>	1 s.h. = 45 contact hours
Work Experience:	<input type="text" value="0"/>	1 s.h. = 60, 75, 90, or 105 contact hours
Total:	<input type="text" value="45"/>	

Prerequisite(s):

None

Corequisite(s):

None

Course Description:

Personal Wellness is an introductory course designed to explore the dimensions of wellness and prepare students for healthy, proactive lifestyles through lecture, experiential learning, and various physical and wellbeing activities. Students will assess their overall level of wellness, apply skill-related knowledge linked to activities that promote active lifestyles, and explore the connections between the dimensions of wellness and overall quality of life.

Required Textbook(s) and Other Required Materials:

Wellness the Total Package, Mindy Hartman Mayol, Kendall Hunt Publishing 2019 3rd edition

Purpose of Course Check one [X] in consultation with Division Chair.

<input type="checkbox"/>	Arts and Sciences (General Education)
<input checked="" type="checkbox"/>	Arts and Sciences
<input type="checkbox"/>	Career and Technical (General Education)
<input type="checkbox"/>	Career and Technical
<input type="checkbox"/>	Developmental

If course is offered only in specific semesters, please explain below:

--

Maximum number of weeks for which the course is offered:

16

[Do not edit the following section. Managed by Academic Affairs]

Is this a Core Competency Anchor Course? YES ☐ NO ☐

If “Yes,” list Core Competency Student Learning Outcome Numbers being taught and assessed in this course (2.2, 3.1, etc.)

(Example) 2.2 [Press Tab to create new rows for each SLO]

Student Learning Outcomes (SLOs):

Upon successful completion of this course the student will be able to:

1. Describe, differentiate, and analyze the dimensions of wellness.
2. Demonstrate consumer, health, and media literacy skills related to wellness.
3. Identify healthy and unhealthy behaviors.
4. Develop SMART goals based on self-assessments.