Health/Wellness/Fitness Requirement

Course Number and Title:_____HE 290_____   Submitted by:_____KRISTEN OLMOS_____

As a result of taking an approved Health/Wellness/Fitness courses, a student should be able to:	Course Outcome(s) related to the Health/Wellness/Fitness Outcomes
1. Develop and utilize critical thinking skills in relation to the physical, psychological, emotional, intellectual, environmental, occupational and spiritual dimensions of health.	• Describe the current prevalence of overweight, obesity and disordered eating, and identify genetic, biologic and environmental contributors to weight status. • Interpret body mass index, waist circumference, identify indications for use, and be aware of their limitations to assess health status.
2. Increase knowledge and awareness about human anatomy and the underlying physiological processes that create chronic or acute disease conditions.	• Define and distinguish between healthy weight, overweight and obesity, and identify risk factors and diseases associated with each.
3. Understand the underlying social constructs of culture/family that lead to one's personal behaviors and how they contribute positively or negatively to individual and community health.	• Describe the current prevalence of overweight, obesity and disordered eating, and identify genetic, biologic and environmental contributors to weight status. • Identify behavioral predictors of successful weight maintenance based on outcomes of the National Weight Control Registry. • Differentiate between anorexia, bulimia and EDNOS (eating disorder not otherwise specified), factors contributing to etiology, and understand the complex treatment modalities. • Explain how prevention and early intervention of disordered eating is critical to decreased prevalence of eating disorders and obesity.

4. Demonstrate knowledge and application of preventive health practices, related to specific health areas for both the improvement of self and community.	• Define and distinguish between healthy weight, overweight and obesity, and identify risk factors and diseases associated with each. • Explain how prevention and early intervention of disordered eating is critical to decreased prevalence of eating disorders and obesity. • Identify realistic and nutritionally balanced weight loss diet plans. • Develop an appropriate weight management plan based on student goals and expectations. • Recognize the impact of living sustainable in preventing overweight, obesity and disordered eating.
5. Increase one's awareness of the benefits of exercise, nutrition, stress reduction and other activities that have been linked to increased community and personal health.	• Indicate the amount and type of physical activity recommended for weight maintenance versus overall health status, and identify several health benefits of regular physical activity. • Identify behavioral predictors of successful weight maintenance based on outcomes of the National Weight Control Registry. • Explain how prevention and early intervention of disordered eating is critical to decreased prevalence of eating disorders and obesity. • Identify realistic and nutritionally balanced weight loss diet plans. • Develop an appropriate weight management plan based on student goals and expectations.
6. Use technology to obtain both accurate and varied information about the many dimensions of health to expand one's health literacy.	• Recognize current research evaluating the efficacy of popular diet supplements, leading popular diets and dietary approaches for weight management.

	• Interpret current evidence-based recommendations for assessment and treatment of weight management, and emerging non-traditional approaches.
7. Understand diverse perspectives, the concept of pluralism and social realities that can lead to differences in health equity and outcomes.	• Identify behavioral predictors of successful weight maintenance based on outcomes of the National Weight Control Registry. • Differentiate between anorexia, bulimia and EDNOS (eating disorder not otherwise specified), factors contributing to etiology, and understand the complex treatment modalities. • Recognize the impact of living sustainable in preventing overweight, obesity and disordered eating.
8. Understand the dimensions of successful behavior change strategies.	• Describe and apply basic motivational interviewing skills important to successful weight management. • Understand how disordered eating thoughts, patterns and behaviors are counter-indicated for successful weight management. • Develop an appropriate weight management plan based on student goals and expectations.
9. Utilize independent and critical thinking skills along with current best practices when making health-related decisions or evaluating health-related recommendations.	• Recognize current research evaluating the efficacy of popular diet supplements, leading popular diets and dietary approaches for weight management. • Interpret current evidence-based recommendations for assessment and treatment of weight management, and emerging non-traditional approaches.

10. Examine the difference between evidence based and non-evidence based research related to one's personal health.	- Interpret current evidence-based recommendations for assessment and treatment of weight management, and emerging non-traditional approaches. - Recognize current research evaluating the efficacy of popular diet supplements, leading popular diets and dietary approaches for weight management.