

Lecture Contact Hours: 32-36; Outside-of-Class Hours: 64-72;
Laboratory Contact Hours: 48-54; Outside-of-Class Hours: 0;
Total Student Learning Hours: 144-162

CUYAMACA COLLEGE
COURSE OUTLINE OF RECORD

Health Education 251 – Healthy Lifestyles: Theory and Application

2 hours lecture, 2 units
3 hours laboratory, 1 unit
Total units: 3 units

Catalog Description

A combination of physical activity and lecture providing regular exercise to develop physical fitness and information about basic, sound nutrition as it pertains to weight control. Guidelines that promote lifetime exercise and a healthy lifestyle will be emphasized.

Prerequisite

None

Course Content

- 1) Physical Activity, Health and Fitness Connection: how general health is augmented and maintained with appropriate physical activity habits
- 2) Cardiorespiratory Fitness: the aspect of fitness that has the largest effect on weight control and heart health
- 3) Muscular Fitness: appropriate ways to increase the strength and size of muscles for daily living as well as sports participation
- 4) Obesity: define medically and functionally; the physical and psychological manifestations
- 5) Nutrition: basic nutritional needs and appropriate ways to maintain a healthy diet
- 6) Weight Control: pitfalls and dangers of being overweight or underweight and ways to get to and maintain a healthy body composition
- 7) Cardiovascular Disease: prevention and remediation of CVD with healthy lifestyle habits
- 8) Musculoskeletal Health: how to avoid or treat injuries to bones, connective tissue and muscles
- 9) Cancer and Diabetes: the connection between physical activity and the treatment and prevention of these diseases
- 10) Pregnancy: appropriate exercise guidelines for women before, during and immediately after childbirth
- 11) Mental Health: the relationship between emotional wellness outcomes and physical activity
- 12) Health and Aging: the connection between physical activity and the aging process including appropriate exercise guidelines
- 13) Leading a Physically Active Life: options for increasing physical activity on a daily basis

Course Objectives

Students will be able to:

- 1) Describe the importance and value of physical fitness, its components, and the necessity of assessment.
- 2) Describe how principles learned in class may be applied to improve five basic components of fitness; cardiorespiratory endurance, muscle strength, muscle endurance, flexibility and body composition.
- 3) Evaluate cardiorespiratory endurance, muscle strength, muscle endurance, flexibility and body composition to determine plan for improvement or maintenance.
- 4) Describe key facts about nutrition and weight control, behavior change and hypokinetic disease.
- 5) Describe lifestyle patterns that promote wellness.

- 6) Demonstrate and/or describe physical fitness activities to promote and maintain benefits of regular exercise.
- 7) Evaluate current diet to determine appropriate nutritional content to meet personal needs/goals.
- 8) Identify appropriate internet resources for information on diet and health, stating why these sources are valid and reliable.

Method of Evaluation

A grading system will be established by the instructor and implemented uniformly. Grades will be based on demonstrated proficiency in subject matter determined by multiple measurements for evaluation, one of which must be written essay exams, skills demonstration or, where appropriate, the symbol system

- 1) Quizzes and exams that measure students' ability to identify, explain, describe and/or provide examples of nutritionally balanced foods and healthy eating habits.
- 2) Objective physical fitness evaluations that measure students' abilities as compared to population norms including cardiorespiratory, muscle strength and endurance, sit and reach flexibility, and goniometry range of motion testing and body composition analysis.
- 3) Targeted exercise activities that measure students' ability to demonstrate appropriate intensity and duration of aerobic, strength, endurance and stretching exercises.
- 4) Maintain food log and conduct food label nutritional analysis to measure daily nutritional content.
- 5) Research paper in which students are required to investigate and discuss current diet trends, including analysis of appropriateness of information endorsing those trends.

Special Materials Required of Student

Appropriate workout attire, towel and lock

Minimum Instructional Facilities

- 1) Exercise facility with basic resistance training equipment, floor mats
- 2) Lecture room

Method of Instruction

- 1) Lecture and demonstration
- 2) Participation
- 3) Assessments, surveys, questionnaires
- 4) Record and journal-keeping
- 5) Guest speakers

Out-of-Class Assignments

- 1) **Reading:** review course materials, online resources, websites, and other course related multimedia.
- 2) **Writing:** personal goals paper, exercise log, nutrition diary/diet analysis, research paper regarding internet sources of health information.
- 3) **Other:** N/A.

Texts and References

- 1) Required (representative examples):
 - a. Fahey, et al. *Fit & Well: Core Concepts and Labs in Physical Fitness and Wellness, Brief Edition*. 16th edition. McGraw-Hill, 2025.
 - b. Alsup, Jessica. *The Basics of Health, Wellness, and Fitness [Brief Edition]*. Creative Commons, 2025.
- 2) Supplemental: None

Student Learning Outcomes

Upon successful completion of this course, students will be able to:

- 1) Evaluate and apply the Five Components of Fitness to maintain or improve current fitness levels.

- 2) Identify present health conditions and monitor behaviors that may develop into chronic and hypokinetic diseases.
- 3) Analyze nutritional intake for the balance of essential nutrients established by the Dietary Guidelines for Americans.
- 4) Access and analyze valid and reliable resources on health information.