I. COURSE INFORMATION
   A. Health and Physical Education 132 Wellness for Life
   B. 3 credit hours
   D. Prerequisites: None

II. COURSE DESCRIPTION
   This course will acquaint the student with a basic knowledge, understanding, and value of physical activity as related to optimal healthful living throughout life.

III. LEARNING OUTCOMES
   A. Define and differentiate between physical fitness, health, and wellness
   B. Measure and analyze cardio respiratory endurance, strength, flexibility nutrition, and body composition
   C. Identify the key components of a complete fitness program
   D. Identify factors that affect muscular strength and endurance
   E. Describe a sound nutritional plan
   F. Analyze the role of exercise in weight management
   G. List sources of stress and differentiate between distress and eustress
   H. Describe the body's response to injury

IV. MAJOR CONTENT AREAS
   A. Physical fitness
   B. Nutrition
   C. Exercise
   D. Stress and injury

V. ASSIGNMENTS (may include but are not limited to)
   A. Chapter labs
   B. Health-related components of physical fitness
   C. Nutritional logbook
   D. Exercise logbook
   E. Writing assignments

VI. EVALUATION METHODS (may include but are not limited to)
   A. Attendance and participation
   B. Activities and assignments
   C. Quizzes and exams