COURSE OUTLINE

HEFI 405 – Current Issues in Health and Fitness

Prepared By:  Deborah Molnar
              Janet L. Parcell Mitchell, PT, DPT, ATC, CSCS
HEFI 405 Current Issues in Health and Fitness

A. **TITLE:** Current Issues in Health and Fitness

B. **COURSE NUMBER:** HEFI 405

C. **CREDIT HOURS:** 3

D. **WRITING INTENSIVE COURSE:** Yes

E. **COURSE LENGTH:** 15 weeks

F. **SEMESTER(S) OFFERED:** Spring

G. **HOURS OF LECTURE, LABORATORY, RECITATION, TUTORIAL, ACTIVITY:**
   - 3 hours lecture per week

H. **CATALOG DESCRIPTION:** This writing intensive course focuses on current issues related to health promotion and prevention of disease, with an emphasis on the role of physical activity. Healthy People 2020 provides a framework from which to generate topics and discussion. Students are required to research current events and issues that present themselves on a local, national, and worldwide level and formulate their own thoughts and conclusions regarding these topics.

I. **PRE-REQUISITES/CO-COURSES:** Senior level status in HEFI program or permission of instructor.

J. **GOALS (STUDENT LEARNING OUTCOMES):**
   By the end of this course, the student will be able to:

<table>
<thead>
<tr>
<th>Course Objective</th>
<th>Institutional SLO</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. Analyze information from a variety of sources and determine credibility.</td>
<td>2. Crit. Thinking</td>
</tr>
</tbody>
</table>
| b. Discuss and defend their viewpoints regarding various issues in health and fitness. | 1. Communication  
  2. Crit. Thinking |
| c. Research a chosen topic in health and fitness utilizing a variety of resources. | 1. Communication  
  2. Crit. Thinking |
| d. Prepare a written work which effectively demonstrates knowledge of chosen research topic and is supported by best evidence. | 1. Communication  
  2. Crit. Thinking  
  3. Prof. Competence |
| e. Reflect on personal health and fitness in relation to current issues. | 1. Communication  
  2. Crit. Thinking  
  4. Inter-Intrapersonal |

K. **TEXTS:** No text is required for this course. Instructor will post readings related to current issues as appropriate. Students will also be responsible for finding related readings to share with classmates.

L. **REFERENCES:**

M. **EQUIPMENT:** n/a
N. **GRADING METHOD:** A – F

O. **MEASUREMENT CRITERIA/METHODS:**
   - Research project – in form of paper or grant proposal
   - Personal reflection journal
   - Discussion board postings

P. **DETAILED COURSE OUTLINE:**

   I. Examining Sources of Information
      - A. Sources
      - B. Critical Analysis
      - C. Determining credibility

   II. Healthy People Initiative
      - A. Healthy People 2010
      - B. Healthy People 2020
      - C. Taking Action

   III. Current Events
      - A. Health related issues
      - B. Fitness related issues
      - C. Sharing viewpoints

   IV. Evidence-Based Practice
      - A. Formulating Questions
      - B. Search of the Literature
      - C. Critical Analysis
      - D. Recommendation

   IV. Personal Growth
      - A. Self-reflection/awareness
      - B. Creating change

Q. **LABORATORY OUTLINE:** N/A