COURSE OUTLINE

HEFI 403 – Community Wellness

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HEFI 403 Community Wellness

A. **TITLE:** Community Wellness

B. **COURSE NUMBER:** HEFI 403

C. **CREDIT HOURS:** 3

D. **WRITING INTENSIVE COURSE:** No

E. **COURSE LENGTH:** 15 weeks

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

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

H. **CATALOG DESCRIPTION:** This course introduces students to the benefits of establishing health promotion programs in community settings. Students are provided with the knowledge and tools required to assess community needs, plan and implement wellness and fitness programs, and assess program outcomes. Theories of behavioral change guide the assessment and planning process.

I. **PRE-REQUISITES/CO-COURSES:** Pre-requisites: HEFI 201 & 202 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>
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<tbody>
<tr>
<td>a. Identify the key elements for promoting physical activity in community settings.</td>
<td>3. Prof. Competence</td>
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<td>b. Assess a community setting for access and barriers to physical activity.</td>
<td>2. Crit. Thinking 3. Prof. Competence</td>
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<td>c. Discuss how community design can impact an individual’s behavior in relation to physical activity.</td>
<td>2. Crit. Thinking 3. Prof. Competence</td>
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<td>d. Describe how economic, political, and cultural factors influence community wellness.</td>
<td>2. Crit. Thinking 3. Prof. Competence</td>
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<tr>
<td>e. Design a plan for promoting wellness and physical activity within a school, community, or work place.</td>
<td>1. Communication 2. Crit. Thinking 3. Prof. Competence 4. Inter-Intrapersonal</td>
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<td>f. Discuss various evaluation methods for assessing program outcomes.</td>
<td>2. Crit. Thinking</td>
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K. **TEXTS:** There will be no designated textbook for this course.


M. **EQUIPMENT:** N/A

N. **GRADING METHOD:** A – F.

O. **MEASUREMENT CRITERIA/METHODS:**
   - Discussion board postings/interaction.
   - Community assessment assignment.
   - Community action plan.
   - Evaluation tool assignment.

P. **DETAILED COURSE OUTLINE:**

I. **Physical Activity Promotion**
   A. Impact of activity vs inactivity
   B. Necessary elements in community settings
   C. Partnerships/Resources

II. **Physical Environment**
   A. A century of change
   B. Transportation
   C. Land Use
   D. Geographical setting

III. **Social Environment**
   A. Demographics
   B. Political
   C. Economic
   D. Cultural

IV. **Program Planning**
   A. Needs Assessment
   B. Program Design/Development
   C. Program Evaluation

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