COURSE OUTLINE

HEFI 405 – Current Issues in Health and Fitness

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SCHOOL OF SCIENCE, HEALTH, AND CRIMINAL JUSTICE
Health and Fitness Promotion
MAY 2012
Revised May 2015
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:

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