

BSE301 Health and Wellness and Principles of Fitness

Level: 3

Credit Units: 5 Credit Units

Language: ENGLISH

Presentation Pattern: EVERY JULY

Synopsis:

This course is designed to provide student with knowledge and understanding of pertinent health and wellness concepts from a holistic approach so as to design healthy lifestyle programmes appropriate to individuals' needs. Practical sessions are included as a means to review and enhance students' understanding in the areas such as physical training, weight loss and management, and nutrition.

Topics:

- Wellness and a Healthy Lifestyle
- The Cardiovascular System and Risk Factors
- Physical Fitness and Training Principles
- Diet and Nutrition
- Stress Management
- Weight Management Programme Design

Textbooks:

Rebecca J. Donatelle, Emeritus, Oregon State University: Health: The Basics, Global Edition, 11th Edition 11 Pearson
ISBN-13: 9781292057767

Rebecca J. Donatelle, Emeritus, Oregon State University: Health: The Basics, Global Edition, 11th Edition 11 Pearson
ISBN-13: 9781292057767-AA

Learning Outcome:

- Show an understanding of the relationship of personal responsibility, one’s lifestyle, and one’s quality of life.
- Demonstrate a working knowledge of the anatomy and physiology of the cardiovascular system including, but not limited to, the anatomy of the heart, electrical conduction system of the heart, blood flow sequence through the body, and relevant cardiovascular terminology and identify and explain the relationship of unhealthy lifestyle behaviours and the risks of developing lifestyle-related diseases, especially cardio-vascular disease, cancer, and sexually transmitted diseases.
- Determine and analyse the physiological effects of regular physical activity (cardio-respiratory, muscular strength, muscular endurance, and flexibility) on the human body and one’s health while understanding the principles of exercise prescription and the selection of appropriate lifetime fitness activities.
- Discuss basic concepts of nutrition, weight loss and management, and body composition.
- Discuss an understanding of stress, how the body responds to stress and stress management, and their relationship to a healthy lifestyle.
- Examine the relationship of unhealthy lifestyle behaviours and the risks of developing lifestyle-related diseases, especially cardio-vascular disease, cancer, and sexually transmitted diseases.
- Illustrate a working knowledge of exercise principles including the principles of exercise prescription and the selection of appropriate lifetime fitness activities in a self-designed fitness Programme based upon individual fitness data.
- Apply the basic concepts of nutrition, weight loss/management, and body composition and their relationship to a healthy lifestyle in the development and analysis of individual food logs and weight management plans.

Assessment Strategies:

Continuous Assessment Component	Weightage (%)
PRE-CLASS QUIZ	1.66
PRE-CLASS QUIZ	1.67
PRE-CLASS QUIZ	1.67
TUTOR-MARKED ASSIGNMENT	20
TUTOR-MARKED ASSIGNMENT	25
Sub-Total	50

Examinable Component	Weightage (%)
Written Exam	50
Sub-Total	50

Weightage Total **100**