



South Central College

HHP 122 Topics in Mind/Body Fitness

Course Outcome Summary

Course Information

Description	Students will participate in mind body fitness activities that promote increased flexibility, core strength as well as mental focus and relaxation. Topics may include but are not limited to: different styles of yoga, Pilates, tai chi, dance-based activities and/or a combination of these activities. Students will study and understand basic health and fitness concepts as well as concepts related to mind body fitness. Students will be able to recognize behaviors that lead to a healthy lifestyle and prevent disease, illness and disability. Students will monitor and track their own core strength and flexibility fitness levels. Students will incorporate a sense of appreciation for and a commitment to fitness and wellness in everyday life and create a personalized plan of action for continuing fitness activities that promote a healthy lifestyle. This class can be repeated for credit. (Prerequisite: None)
Total Credits	1
Total Hours	32

Types of Instruction

Instruction Type	Credits/Hours
Lab	1/32

Pre/Corequisites

None

Institutional Core Competencies

Communication - Students will be able to demonstrate appropriate and effective interactions with others to achieve their personal, academic, and professional objectives.

Course Competencies

1. Improve flexibility and core strength.

Learning Objectives

Assess flexibility and core strength using standardized fitness assessments.

Work to improve core strength and flexibility through active participation both in and out of class in fitness activities.

Foster an appreciation for and commitment to wellness and fitness in everyday life.

2. Understand the affect of mind/body fitness on the risk of disease, illness, and disability.

Learning Objectives

Identify fitness activities that are beneficial to improved flexibility and core strength.
Identify a number of behaviors that increase the risk for lifestyle-related disease.
Describe how these behaviors affect health and fitness.
Suggest general behavior modifications that would reduce the risk of lifestyle related diseases.

3. Examine personal behaviors and communicate an awareness of the benefits of mind/body fitness.

Learning Objectives

Recognize and name mind/body fitness activities.
Recognize behaviors that increase the risk for lifestyle-related disease.
Evaluate what motivates those behavioral decisions.
Monitor changes in flexibility and core strength through standardized fitness assessments.
Suggest modifications in behavior and reduce the risk of lifestyle-related disease.
Create a personalized plan of action and set goals to continue to engage in fitness activities.

SCC Accessibility Statement

South Central College strives to make all learning experiences as accessible as possible. If you have a disability and need accommodations for access to this class, contact the Academic Support Center to request and discuss accommodations. North Mankato: Room B-132, (507) 389-7222; Faribault: Room A-116, (507) 332-7222.

Additional information and forms can be found at: www.southcentral.edu/disability

This material can be made available in alternative formats by contacting the Academic Support Center at 507-389-7222.

South Central College Health and Human Performance Course Guidelines

Understand the basic concepts related to health and fitness
Explain how healthy lifestyle reduces the risk for disease, illness, and disability
Demonstrate skills for making personal lifestyle changes to achieve and maintain health and/or reduce risk for disease, illness, and disability
Examine personal behaviors and communicate an awareness of the benefits of a lifelong commitment to healthy behaviors and/or fitness