



BIO 117: Physiology of Wellness

An introduction to the concept of wellness, nutrition basics, exercise habits, weight control, and cardiovascular disease prevention. Topics include wellness concepts, exercise, diet and nutrition, set point theories, and environmental influences. Three lecture hours per week. Gen. Ed. Competencies Met: Scientific Reasoning and Discovery.

Course Student Learning Outcomes

1. Identify the Dimensions of Wellness and their relationship to a healthy lifestyle and longevity. 2. Analyze diet and exercise habits that relate to obesity and disease. 3. Recognize personal lifestyle behaviors that contribute to preventable disorders and diseases. 4. Evaluate the risk factors associated with addictive behavior including, alcohol, smoking and drugs. 5. List the signs, symptoms and treatments for common diseases including cancer, heart disease, stroke and sexually transmitted diseases.

Credits: 3

Program: Biology