

HEALTH AND WELLNESS (HW)

HW 001 Personal and Community Health

3unit(s)

Hours: 3 Lecture/Discussion

This course focuses on the exploration of major health issues and behaviors in the various dimensions of health. Emphasis is placed on individual responsibility for personal health and the promotion of informed, positive health behaviors. Topics include nutrition, exercise, weight control, mental health, stress management, violence, substance abuse, reproductive health, disease prevention, aging, healthcare, and environmental hazards and safety. This course is approved for distance education.

Advisory on Recommended Preparation: ENGL 261 or equivalent college course with a minimum grade of C or eligibility for ENGL 001 as determined by COS Placement Procedures (<https://catalog.cos.edu/placement-procedures/>).

HW 003 First Aid/CPR/AED

3unit(s)

Hours: 3 Lecture/Discussion

This course covers the American Red Cross Comprehensive First Aid course, including cardiopulmonary resuscitation (CPR) for adults, children and infants; AED; safety factors in daily living; emergency treatment for various types of injuries and illnesses, and emergency childbirth. Students who successfully pass all American Red Cross requirements can receive an American Red Cross Responding to Emergency certificate (fee required for certificate). (C-ID KIN101)

HW 007 Sports Health

3unit(s)

Hours: 3 Lecture/Discussion

This course covers different aspects of physical and mental health as it relates to the athlete. The effects of pain and stress on performance are studied. Diet, weight control, fitness and exercise, genetics, and their influence on training are examined. The consequences of using alcohol, tobacco and anabolic steroids and other drugs are explained in terms of their effects on human performance.

HW 060 Concepts in Health and Fitness

3unit(s)

Hours: 3 Lecture/Discussion

Equivalent Course: SMED 060

This course is open to all students interested in learning about the different components of physical fitness, cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition as related to healthy living. Students will develop individual plans using decision-making strategies, analysis, and an awareness of the conditions related to nutrition, physiological factors and physical fitness.

HW 104 Drugs and Society

3unit(s)

Hours: 3 Lecture/Discussion

This course covers the broad spectrum of drug use in society, including the physical and psychological effects. The material is constantly updated to reflect the current interests of students and new information made available by the scientific community.

Advisory on Recommended Preparation: ENGL 251 or ENGL 261 or equivalent college course with a minimum grade of C or eligibility for ENGL 001 determined by COS Placement Procedures (<https://catalog.cos.edu/placement-procedures/>).

HW 119 Nutrition for Fitness

3unit(s)

Hours: 3 Lecture/Discussion

Equivalent Course: NUTR 119

This course is designed to acquaint students with the nutritional needs of athletes and the relationship between nutrition and fitness. Students are required to use the computer, Internet and basic math skills to calculate nutritional needs. Topics include human energy, nutrient groups, body composition, and supplement use.