

Course Syllabus

Health and Fitness: In Christian Perspective - Course Syllabus



Description:

This comprehensive health course explores a holistic approach to well-being, integrating physical, mental, and spiritual dimensions. Covering topics like disease prevention, nutrition, immune function, and stress management, it emphasizes the importance of regular exercise and balanced lifestyle choices. The course uniquely blends scientific knowledge with Christian faith, offering insights into how spiritual beliefs intersect with health practices. It's designed for individuals seeking to enhance their understanding of health from both a scientific and a faith-based perspective, fostering overall well-being in alignment with Christian values.

Textbook: Health and Fitness: In Christian Perspective © Excel Education Systems, Inc.

Course objectives:

Throughout the course, you will meet the following goals:

- Describe how Christian beliefs and values intertwine with various aspects of health, including disease prevention, nutrition, and mental well-being.
- Apply health concepts and practices within a Christian framework, fostering a holistic approach to well-being that incorporates spiritual, physical, and mental health dimensions.
- Make informed decisions about personal health and lifestyle, emphasizing the importance of a balanced diet, regular physical activity, and mental health practices in alignment with Christian principles.

Contents:

1: Your Body: From the Beginning	6: Managing Stress
2: Your Body's Systems and Support	7: Movement and Coordination
3: Understanding Illnesses and Diseases: Exploring the Body's Battles	8: Cardiovascular and Respiratory Health
4: Drug, Alcohol, and Tobacco Prevention	9: Exercising and Fitness for Life
5: Personal and Community Health	10: Preventing Injuries

Grading Scale

A = 90-100%

B = 80-89%

C = 70-79%

D = 60-69%

F = under 59%

Grade Weighting

Quizzes..... 35%

Written Assignments..... 35%

Midterm Exam/Final Exam..... 30%

100%