



Course Competency Report by Code

Code: BCC1

Health, Fitness and Wellness (BCC1)

Course of Study: BCC1 - Health, Fitness and Wellness
Course Level: Undergraduate
Course Division: General Education
Discipline: Health
Course Type:
Department: General Education

COMPETENCY #	COMPETENCY NAME	COMPETENCY TEXT
102.7.2	Nutrition	The graduate identifies and applies the principles of nutrition and recognizes the factors that influence a healthy diet.
102.7.3	Emotional Health	The graduate identifies factors that can impact emotional health, recognizes strategies to manage stress, and recognizes the emotional impact of aging, grieving, and disease.
102.7.4	Physical Health	The graduate recognizes how disease, aging, environmental factors, and personal care influence proper functioning of the body; and describes strategies for preventing and treating disease and injuries.
102.7.5	Substance Use and Abuse	The graduate recognizes and can explain the impact of specified substances on the human body, can recognize common indicators of prevent substance abuse, and can recommend appropriate measures or strategies to prevent substance abuse.
102.7.6	Fitness	The graduate identifies the interrelationships between fitness and the human body and recognizes the various components of physical fitness; cardiovascular endurance, muscular strength, and flexibility.