



Your competence will be assessed as you complete the BCC1 objective assessment for this course of study. This course of study may take up to 8 weeks to complete.

## Introduction

### Overview

During your study of health, you will learn more about the different aspects of

- health,
- nutrition,
- mental and emotional health,
- physical health,
- substance use and abuse, and
- fitness.

As you begin your study of health and fitness, you will find that many of the topics you study will review information that you are already familiar. Your prior knowledge will help you be successful as you work through this domain.

Watch the following video for an introduction to this course:

*Note: View the video in full screen at 720p for best results.*

### Competencies

This course provides guidance to help you demonstrate the following 5 competencies:

- **Competency 102.7.2: Nutrition**  
The graduate identifies and applies the principles of nutrition and recognizes the factors that influence a healthy diet.
- **Competency 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.
- **Competency 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.
- **Competency 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 substance abuse, and can recommend appropriate measures or strategies to prevent substance abuse.
- **Competency 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.



## Teaching Dispositions Statement

- Please review the [Statement of Teaching Dispositions](#).

### Course Mentor Assistance

As you prepare to successfully demonstrate competency in this subject, remember that course mentors stand ready to help you reach your educational goals. As subject matter experts, mentors enjoy and take pride in helping students become reflective learners, problem solvers, and critical thinkers. Course mentors are excited to hear from you and eager to work with you.

Successful students report that working with a course mentor is the key to their success. Course mentors are able to share tips on approaches, tools, and skills that can help you apply the content you're studying. They also provide guidance in assessment preparation strategies and troubleshoot areas of deficiency. Even if things don't work out on your first try, course mentors act as a support system to guide you through the revision process. You should expect to work with course mentors for the duration of your coursework, and you are encouraged to contact them as soon as you begin. Course mentors are fully committed to your success!

## Preparing for Success

The information in this section is provided to detail the resources available for you to use as you complete this course.

### Learning Resources

The learning resources listed in this section are required to complete the activities in this course. For many resources, WGU has provided automatic access through the course. However, you may need to manually enroll in or independently acquire other resources. Read the full instructions provided to ensure that you have access to all of your resources in a timely manner.

#### Automatically Enrolled Learning Resources

You can access the learning resources listed in this section by clicking on the links provided throughout the course. You may be prompted to log in to the WGU student portal to access the resources.

#### Soomo Learning Environment

The following learning environment will be utilized as the primary learning resource for completion of this course:

- [Health, Fitness & Nutrition](#)

This learning environment will contain links at the activity level to the following additional learning resources:

#### VitalSource E-Texts

The following textbook is available to you as e-texts within the Soomo environment. You will be directly linked to the specific readings required within the activities found in that resource.



- Anspaugh, David J. and Ezell, Gene. (2010). *Teaching Today's Health*. San Francisco, CA: Benjamin Cummings. ISBN: 13 978-0-321-59677-2
- Donatelle, Rebecca J. (2006). *Health: The Basics*. San Francisco, CA: Benjamin Cummings. ISBN: 978-0805377958

*Note: These e-texts are available to you as part of your program tuition and fees, but you may purchase hard copies at your own expense through a retailer of your choice. If you choose to do so, please use the ISBN listed to ensure that you receive the correct edition.*

## **Pacing Guide**

The pacing guide suggests a weekly structure to pace your completion of learning activities. It is provided as a suggestion and does not represent a mandatory schedule. Follow the pacing guide carefully to complete the course in the suggested timeframe.

- [Pacing Guide: Health, Fitness, and Wellness](#)

*Note: This pacing guide does not replace the course. Please continue to refer to the course for a comprehensive list of the resources and activities.*

## **Additional Preparations**

### **Whiteboards**

Whiteboards may be used to assist you as you complete the assessment for this course. Paper, or other note taking resources, may not be used during the assessment. Please view the following video for more information on how to use a whiteboard:

*Note: To download this video, right-click the following link and choose "Save as...": [download video](#).*

## **Nutrition**

In this section you will specifically learn about the functions of carbohydrates, protein, fats, vitamins, and minerals in the human body and how to use the USDA's MyPyramid Plan and nutrition facts labels to achieve a healthy diet.

### **Nutrients**

There are many different types of diets. Your study of nutrients will help you focus on the nutrients needed to ensure the proper functioning of the human body.

This topic addresses the following competencies:

- **Competency 102.7.2 - Nutrition**

The graduate identifies and applies the principles of nutrition and recognizes the factors that influence a healthy diet.

### **Learning Materials**

Access the learning environment for this course and complete the readings, activities, and



quizzes for the following section within [Module 1. Nutrition](#):

- 1.2 Nutrients

## **Balanced Diet**

Have you seen the new USDA MyPyramid Plan? The old food pyramid has been updated to provide a more individualized plan for nutrition.

This topic addresses the following competencies:

- **Competency 102.7.2 - Nutrition**

The graduate identifies and applies the principles of nutrition and recognizes the factors that influence a healthy diet.

### **Learning Materials**

Learning Materials

Access the learning environment for this course and complete the readings, activities, and quizzes [Module 1. Nutrition](#):

- 1.3 Balanced Diet

## **Substance Use and Abuse**

The activities associated with this subject will help you identify the reasons for substance use and abuse, explain the effect of various drugs on the body, and recognize strategies to help prevent drug abuse. This information you learn will help you make informed decisions regarding the types of substances you consume.

You will learn about how different types of legal and illegal substances affect the functions of the human body, the problems associated with use and overuse of drugs, and community drug prevention strategies.

### **Substance Use**

This topic will explore the commonalities of substance abuse and how to recognize and avoid potentially dangerous substance abuse.

This topic addresses the following competencies:

- **Competency 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 substance abuse, and can recommend appropriate measures or strategies to prevent substance abuse.

### **Learning Materials**

Access the learning environment for this course and complete the readings, activities, and quizzes for the following section within [Module 2. Substance Use and Abuse](#)

- 2.2 Substance Abuse



## **Substance Abuse and Prevention**

Do you know what resources your community provides to help those struggling with substance abuse? This topic will concentrate on substance abuse prevention and what role prevention programs play in abuse prevention and recovery.

This topic addresses the following competencies:

- **Competency 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 substance abuse, and can recommend appropriate measures or strategies to prevent substance abuse.

### **Learning Materials**

Access the learning environment for this course and complete the readings, activities, and quizzes for the following section within [Module 2. Substance Use and Abuse](#):

- 2.3 Substance Abuse and Prevention

## **Emotional Health**

The activities associated with this subject will help you to examine how stress affects the body and will identify stress relaxation techniques. You will also identify the characteristics of an emotionally well individual and will examine how emotional health changes over time. In addition, you will learn the definition of mental health and how to develop self-esteem to promote emotional health. You will examine

- stress,
- stress management strategies,
- the stages of grief, and
- the emotions associated with terminal illnesses.

Competencies covered by this subject

### 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.

## **Mental and Emotional Health**

This topic will examine the components of emotional health and what constitutes an emotionally healthy individual.

This topic addresses the following competencies:

- **Competency 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.

### **Learning Materials**

Access the learning environment for this course and complete the readings, activities, and



quizzes for the following section within [Module 3. Emotional Health](#):

- 3.2 Mental and Emotional Health

## **Stress**

This topic will discuss stress and how to better recognize and manage stress.

This topic addresses the following competencies:

- **Competency 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.

### **Learning Materials**

Access the learning environment for this course and complete the readings, activities, and quizzes for the following section within [Module 3. Emotional Health](#):

- 3.4 Stress

## **Grief**

This topic will discuss grief as it pertains to mental and emotional health. You will learn what causes grief and analyze the stages of grief.

This topic addresses the following competencies:

- **Competency 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.

### **Learning Materials**

Access the learning environment for this course and complete the readings, activities, and quizzes for the following section within [Module 3. Emotional Health](#):

- 3.6 Grief

## **Eating Disorders**

This topic will explore the differences between eating disorders such as anorexia and bulimia and how these disorders have an effect on physical and mental health.

This topic addresses the following competencies:

- **Competency 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.

### **Learning Materials**

Access the learning environment for this course and complete the readings, activities, and quizzes for the following section within [Module 3. Emotional Health](#):



- 3.8 Eating Disorders

## Physical Health

The activities associated with physical health will help you

- describe the proper function of human body systems,
- identify the differences between infectious and noninfectious diseases,
- understand the proper care of body systems, and
- learn first aid techniques.

### Body Systems

This topic will discuss the many organ systems that work together to enable your body to maintain homeostasis and function properly.

This topic addresses the following competencies:

- **Competency 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.

### Learning Materials

Access the learning environment for this course and complete the readings, activities, and quizzes for the following section within [Module 4. Physical Health](#):

- 4.2 Body Systems

### Diseases

This topic will explore diseases and the various causes and types involved in classifying diseases.

This topic addresses the following competencies:

- **Competency 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.

### Learning Materials

Access the learning environment for this course and complete the readings, activities, and quizzes for the following section within [Module 4. Physical Health](#):

- 4.3 Diseases

### Personal Care

This topic will discuss the importance of personal care and hygiene as it pertains to well maintained health.



This topic addresses the following competencies:

- **Competency 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.

### **Learning Materials**

Access the learning environment for this course and complete the readings, activities, and quizzes for the following section within [Module 4. Physical Health](#):

- 4.8 Personal Care

## **First Aid**

Responding appropriately in a health related emergency is crucial when attending to yourself or others. This topic will explore purpose and basics of first aid.

This topic addresses the following competencies:

- **Competency 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.

### **Learning Materials**

Access the learning environment for this course and complete the readings, activities, and quizzes for the following section within [Module 4. Physical Health](#):

- 4.10 First Aid

## **Fitness**

The activities associated with this subject will help you understand the benefits of

- cardiorespiratory fitness,
- muscular strength, and
- joint flexibility.

In this section you will specifically focus on how exercise benefits the various systems of the body, the components that should be included in a fitness plan, and how to implement a fitness program.

## **Effects of Exercise**

This topic will delve into the significance and effects of exercise.

This topic addresses the following competencies:

- **Competency 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.

### **Learning Materials**

Access the learning environment for this course and complete the readings, activities, and quizzes for the following section within [Module 5. Fitness](#):

- 5.2 Effects of Exercise

### **Fitness Components**

Knowledge of physical fitness and exercise basics are crucial if one wishes to achieve optimum health. This topic will discuss the principles of fitness and exercise and how these basics affect personal fitness.

This topic addresses the following competencies:

- **Competency 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.

### **Learning Materials**

Access the learning environment for this course and complete the readings, activities, and quizzes for the following section within [Module 5. Fitness](#):

- 5.3 Fitness Components

### **Final Steps**

Congratulations on completing the activities in this course! This course has prepared you to complete the assessments associated with this course. If you have not already been directed to complete the assessments, schedule and complete your assessments now.

### **Accessibility Policy**

Western Governors University recognizes and fulfills its obligations under the Americans with Disabilities Act of 1990 (ADA), the Rehabilitation Act of 1973 and similar state laws. Western Governors University is committed to provide reasonable accommodation(s) to qualified disabled learners in University programs and activities as is required by applicable law(s). The Office of Student Accessibility Services serves as the principal point of contact for students seeking accommodations and can be contacted at [ADASupport@wgu.edu](mailto:ADASupport@wgu.edu). Further information on WGU's Accessibility policy and process can be viewed in the student handbook at the following link:





[Accessibility Policy](#)

## Student Support

WGU values your input! Please submit any feedback you have using the following form:

[Course Feedback](#)

Access the WGU Library 24 hours a day, 7 days a week:

[WGU Library](#)

Visit the Student Success Center to access a variety of topics that will help you succeed at WGU:

[Student Success Center](#)

Contact the WGU Writing Center for help with any part of the writing or revision process:

[WGU Writing Center](#)