Health, Fitness and Wellness - C458

Overview

Health, Fitness and Wellness focuses on the importance and foundations of good health and physical fitness, particularly for children and adolescents, addressing health, nutrition, fitness, and substance use and abuse.

Competencies

* Holistic Health
  The graduate explains the holistic nature of health and how an individual's daily choices positively or negatively impact their well-being.

* Mental and Emotional Health
  The graduate analyzes challenges and strategies in maintaining mental and emotional health and well-being.

* Social Health
  The graduate analyzes how overall health is affected by social health and relationships.

* Nutrition
  The graduate summarizes nutrition basics and how nutritional needs and choices are influenced by personal, cultural, and environmental factors.

* Physical Wellness
  The graduate synthesizes the connection between fitness, healthy body composition, weight management, and overall health.

* Disease and Illness
  The graduate describes characteristics, risk factors, and prevention strategies associated with common diseases and infectious illness.

* Substance Abuse and Addiction
  The graduate describes characteristics, risk factors, and prevention strategies associated with substance abuse and addiction.

Learning

Getting Started

Welcome to Health, Fitness, and Wellness! To assist you in mastering the material of this course you will use an interactive, module-based learning resource provided by MindTap. This resource includes text to read, activities, and questions to help you practice retrieving and applying your knowledge. The resource provides you with the opportunity to take a pre-test before you read the material to help you determine your current level of understanding. Then, at the end of each module, you will find a quiz you can use to assess whether you really have mastered the material. To prepare you for the Objective Assessment, it is highly recommended that you complete the modules in the order listed in the pacing guide. Competency will be demonstrated by the successful completion of this Objective Assessment. The course also includes a Preassessment, which you can take at any time to assess your understanding of course concepts and to determine if you are ready for the Objective Assessment. The Preassessment will provide you with a Coaching Report that will help you target the topics where you have more to learn. In addition to these resources, Course Mentors are also available to answer questions and discuss concepts of health, fitness, or wellness.

Assessments

Preassessment, Health, Fitness and Wellness
- Status: Not Attempted
- # of items: 30
- Time allotted: 60 minutes
- Code: PHJ0

Take Now

Objective Assessment: Health, Fitness and Wellness
- Status: Not Attempted
- # of items: 70
- Time allotted: 120 minutes
- Code: HJ01

https://my.wgu.edu/courses/course/7680002
A score of Competent or Exemplary is required to pass all assessments. Passing a preassessment does not guarantee you will pass the high stakes assessment.

On objective assessments, you will be charged a retake fee for the third attempt and every attempt thereafter. For more information click here.