1: Unit 1

Learning Objectives

At the end of unit, you will be able to:

• Determine your compatibility with distance learning
• Identify course related policies and procedures
• Identify health characteristics that affect exercise safety
• Differentiate between physical activity and exercise
• Evaluate your current dimensions of wellness
• List behaviors that contribute to a wellness lifestyle and how your behaviors compare with them
• Describe the stages of behavior change and determine your stage for several wellness-related behaviors
• Identify the strategies in creating an individualized plan to change a wellness-related behavior

As with any journey, it is easier to get started if you prepare appropriately. The assessments in Unit 1 will help you do just that.

• 1: Getting Started
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  ◦ 1.1: Reading Links- Introduction
  ◦ 1.2: Adding Physical Activity to Your Life
  ◦ 1.3: Assignment- Safety of Exercise Participation
  ◦ 1.4: Assignment- Time Management
2: Assessing Your Wellness

2.1: Reading Links- Assessing Your Wellness
2.2: Video- Six Stages of Change
2.3: Assignment- Wellness Quiz and Stages of Change Strategies