

# WELLNESS (WELL)

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## **WELL 110 F Pathology: The Massage Connection** 3 Units

54 hours lecture per term. This course is designed to meet the specific needs of massage therapy students and professionals interested in pathology. This course includes topics such as pain, inflammation and healing, and pathology associated with each of the systems. This class is part of the Physical Education's Therapeutic and Sports Massage: Massage Therapist Program. (CSU) (Degree Credit)

## **WELL 221 F Personal Training Internship** 2 Units

**Prerequisite(s):** Completion of all courses in the Personal Trainer Certificate; ANAT 231 F, NUTR 210 F, PE 154 F, PE 235 F, WELL 040 F, WELL 119 F, and WELL 200 F with a grade of C or better. ANAT 231 F, NUTR 210 F, PE 154 F, PE 235 F, WELL 040 F, WELL 119 F, and WELL 200 F with a grade of C or better. 36 hours lecture, 36 hours lab per term. This course is designed to provide our Personal Training certificate students an opportunity to train clients (current FC students) under the supervision of our Physical Education faculty. The trainer gains practical hands-on experience working with clients. Course may be taken one time for credit. (CSU) (PE 199 F UC review required.) (Degree Credit)

## **WELL 230 F The Body-Mind Connection** 3 Units

54 hours lecture per term. In this course, body-mind health refers to the integration of the mind (our thoughts, attitudes and emotions) and the body, and to their impact on our overall health and well-being. Body-mind health encompasses all aspects of our lives; physical, mental, emotional, and spiritual. (CSU) (Degree Credit) AA GE, CSU GE

## **WELL 242 F Stress Management and Relaxation Training** 2 Units

27 hours lecture and 27 hours lab per term. In this course, the physiology of the stress response as well as specific physical changes, which indicate the onset of stress, will be covered. There will be discussion of the nature of various stressors, stress induced emotions as well as the role of thought process in the development and prevention of stress. Emphasis will be placed on the difference between "disputing" and "distracting" in managing stresses including the techniques used for each. Emphasis will also be placed on the analysis of stressful events and the application of the appropriate techniques. The place of diet and exercise will be covered as well as specific problem areas related to fitness such as back and neck care. Activity periods will cover flexibility and relaxation training, with instruction in the various relaxation techniques such as breathing, progressive relaxation, deep relaxation, Autogenesis and visualization. (CSU) (Degree Credit)

## **WELL 265 F Movement Anatomy (formerly titled Kinesiology)** 3 Units

54 hours lecture per term. This course covers the musculoskeletal system and its function in human movement as well as movement in sports skills and activities of daily living and the muscles involved. This class will approach the human body primarily from a functional perspective. There will be emphasis on the relationship between the muscles and the bone as they relate to human movement. (CSU) (Degree Credit)