**MAKERERE UNIVERSITY BUSINESS SCHOOL**

**FACULTY OF TOURISM, HOSPITALITY AND LANGUAGES**

**DEPARTMENT OF LEISURE AND HOSPITALITY MANAGEMENT**

**PROGRAMME: BLEH 2**

**ACADEMIC YEAR: 2024/2025**

**SEMESTER: TWO**

**COURSE: HEALTH CLUB AND WELLNESS MANAGEMENT**

**COURSE CODE: LHM 2206**

**Facilitators: Jjuuko Julius and Priscilla Lamwaka**

**COURSE DESCRIPTION**

This course will stimulate students’ thinking about the meaning of leisure and recreation in people’s lives. It is about experience, essential to the total wellness and well-being of a person. It is about leisure and recreation as an important vehicle for medical wellness. Leisure and recreation services are also essential for healthy communities in terms of social climate, environmental quality, and economic stability. This course unit focuses on the latest trends in health clubs, nutrition, physical activity, and wellness. From stress management and sleep to overall wellbeing, the course unit explores personal health, health clubs related attitudes and beliefs, and individual health behaviors.

**COURSE OBJECTIVES:**

Upon successful completion of this course students should be able to:

1. Know the role of health clubs, nutrition, physical activity, and wellness in daily life
2. Understand psychological and emotional health are connected to our overall wellbeing and health
3. Identify personal health risks based upon current lifestyle choices
4. Identify lifestyle changes that will enhance lifelong health
5. Evaluate the evidence to support health clubs’ behaviors and lifestyles.

**LEARNING OUTCOMES:**

At the end of the semester, students should be able to demonstrate the following:

1. Develop an awareness of current health issues and trends.
2. Gain an appreciation of the importance of fitness and nutrition in the pursuit and maintenance of a healthy lifestyle.
3. Explore various theories/methods relating to healthy behavior change.
4. Develop knowledge and understanding of leisure and recreation to personal health and wellness.
5. Develop tools that will assist students in the adherence to a healthy lifestyle
6. Use leisure to increase emotional and physical health, resulting in a higher quality of life
7. Understand social injustice related to leisure and recreation behavior and management

**COURSE OUTLINE**

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| **TOPIC** | **WEEKS** | **FACILITATOR** |
| 1. Introduction
* Physical Fitness & Wellness
* Lifestyle, Health, and Quality of Life
* Activity and Health Wellness
* Health-Related Fitness
* Benefits of Fitness and Wellness
 | 1 | Julius |
| 1. Achieving Personal Health
* Behavior Modification
* Motivation and Locus of Control
* Self-Analysis
* Behavior Analysis
* Goal Setting
* Social Support
* Monitoring
* A Positive Outlook
 |  2 |  Julius |
| 1. Lifespan Health, wellness and Fitness
* A Wellness Lifestyle
* Spiritual Well-Being
* Causes of Death
* Diseases of the Cardiovascular System
* Types of Cardiovascular Disease and Their Prevalence
* Risk Factors for CHD
 | 3 & 4 | Julius |
| 1. Health and Fitness Assessment
* Health Fitness Standard
* Physical Fitness Standard
* Cardiorespiratory Endurance
* Assessing Cardiorespiratory Endurance
* Muscular Strength and Endurance
* Muscular Strength and Muscular Endurance
* Determining Strength
* Muscular Flexibility
 |   5 & 6 | Julius |
| 1. Stress Management and Consumer Health
	* Sources of Stress
	* The Body’s Reaction to Stress
	* Adaptation to Stress
	* Alarm Reaction
	* Resistance
	* Behavior Patterns
	* Vulnerability to Stress
	* Coping with Stress
 | 7 & 8 | Priscilla |
| 1. Recreational Facilities in a Health Club
* Cardiovascular Machines
* Free Weights
* Water based
 |   9 | Priscilla |
| 1. Fitness Cub Management
* Revenue
* Membership Management
* Security and safety
 | 10 & 11 | Priscilla |
| 1. Leisure and Recreation Benefits
* Mental health benefits
* Physical health benefits
* Social benefits
 | 12 & 13 | Priscilla |

**Delivery Methods:**

* Straight lectures
* Practical demonstrations
* Assignments
* Class discussions

**Assessment:**

1. Coursework test one 15%
2. Coursework test two 15%
3. **Total coursework assessment** **30%**
4. Final theory Examination **70%**
5. **Total assessment: 100%**

**References:**

# Insel, P.M., & Roth, W.T. (2012). Core concepts in health (11th ed.). Boston: McGrawHill.

# Powers, S.K., & Dodd, S.L. (2003). Total fitness and wellness (3rd ed.).

# San Franciso: Benjamin Cummings. Siegel, B. S. (1998). Prescriptions for living. New York: HarperCollins