

### Health Promotion Mission:

- **To optimize mission performance of the Coast Guard through enhanced physical, psychological, spiritual, and social wellbeing of its people.**

### Health Promotion Coordinator Course Goal:

- **Provide students with the knowledge, tools, and skills necessary to fulfill the collateral duty role of the Unit Health Promotion Coordinator.**

### Health Promotion Coordinator Course Objectives:

**By the end of the training students will be able to:**

- **Schedule semi-annual unit health awareness, education, and intervention activities.**
- **Assist with the implementation of the Personal Wellness Profile (PWP) at the unit level.**
- **Provide fundamental weight management information and resources for unit members.**
- **Provide information and local resources for tobacco cessation programs as necessary for members at the unit.**
- **Implement unit tobacco awareness activities.**
- **Assist command with the development and ongoing implementation of a unit physical fitness program.**
- **Implement unit stress management activities.**
- **Provide information and resources to assist command with a unit stress management program.**
- **Provide information to assist crewmembers with establishing a safe and effective exercise program.**

### Class Objectives

#### Health and Wellness Overview

- **Define wellness.**
- **Identify the major health problems in the United States today as well as their principal causes.**
- **Identify the behaviors that constitute a healthy lifestyle.**
- **List the components of a behavior change program and discuss how to change someone's behavior.**
- **Identify the organizational benefits of a health and wellness program.**
- **List the components of the CG Health Promotion Program and explain their importance.**

#### Physical Fitness

- Define physical fitness, and explain why it is important to good health
- Explain the amount of exercise recommended for developing health and fitness.
- List and define the five health related components of physical fitness.
- List the components of physical fitness, and explain how each one affects health and wellness.
- Describe how the body produces the energy it needs for exercise.
- Understand the benefits of each component of fitness, and their basic application in developing a safe and effective fitness programs.
- Outline the type, frequency, and number of exercises needed to create a successful physical fitness program for all the components of health related fitness.
- Outline the goal and the basic principles of physical training.
- Identify the principles involved in creating a balanced exercise program.
- List the steps to be taken to ensure an exercise program is safe, effective, and successful.
- List the steps necessary to create a successful fitness program.
- Outline strategies that help maintain a fitness program over the long term.

### Nutrition

- List the six different kinds of essential nutrients and explain their functions in the body.
- List guidelines and understand tools that help people choose a healthy diet.
- Understand how to utilize tools and resources that help people choose a healthy diet.

### Weight Management

- Explain how excess weight and obesity affect health.
- List the components of a healthy lifestyle that naturally leads to a healthy body weight.
- Explain why dieting is not a successful approach to weight loss.
- Outline the most effective strategies for losing weight.

### Stress Management

- Define stress and explain how it affects health and wellness.
- Understand how the body responds to stress.
- Explain the relationship between stress and disease.

- Know some approaches to successful stress management.
- Identify available stress management resources.

### Risk Factors

- List the controllable and uncontrollable risk factors associated with cardiovascular disease and explain the differences.
- Identify a desirable cholesterol level for and individual's HDL, LDL, total cholesterol, and the Total/HDL ratio.
- Identify the behaviors people can adopt to reduce the risk for cardiovascular disease.
- Describe the risk factors associated with cancer.

### Tobacco and Alcohol

- Identify the health hazards associated with tobacco use and environmental tobacco smoke; explain how people can quit smoking.
- Understand how to raise awareness of tobacco use prevention and quit programs at your unit.
- Identify tobacco cessation resources
- Understand blood alcohol content levels.
- Know how to promote responsible drinking.

### UPD

- Identify ways to garner command support
- List methods to identify crew's needs and interests
- Identify funding sources  
Identify potential local resources
- Develop unit program based on course objectives

### Personal Fitness Plan

- Understand the Health Promotion Coordinator's role in assisting members with fitness programs.
- Know the steps toward developing a personal fitness plan and putting the plan into action.
- Know goal-setting strategies.