

HEA 110
PERSONAL HEALTH/WELLNESS

COURSE DESCRIPTION:

Prerequisites: ENG 080 and RED 080, or satisfactory score on placement test

Corequisites: None

This course provides an introduction to basic personal health and wellness. Emphasis is on current health issues such as nutrition, mental health, and fitness. Upon completion, students should be able to demonstrate an understanding of the factors necessary to maintain health and wellness. *This course has been approved to satisfy the Comprehensive Articulation Agreement for transferability as a premajor and/or elective course requirement.* Course Hours Per Week: Class, 3. Semester Hours Credit, 3.

LEARNING OUTCOMES:

- a. Evaluate his/her own health attitudes and behaviors to determine their effects on his/her present and future life.
- b. Appraise the significant inter-relationship of the social, mental, emotional, spiritual, and physical components of health, as well as socioeconomic status and culture and the implication toward one's quality/quantity of life.
- c. Identify his/her involvement in the health practices of others (in relationship to family, peers, communities and the world).
- d. Recognize current health trends and issues and their implications on society's health.
- e. Demonstrate understandings needed for informed decision-making related to health.
- f. Locate and utilize sources of health information outside the classroom.

OUTLINES OF INSTRUCTION:

- I. Introduction
 - A. Concept of health and wellness
 - B. Health information
- II. Emotional health
 - A. Stress and its management
 - B. Psychological health
- III. Health maintenance
 - A. Nutrition
 - B. Weight control
 - C. Physical fitness

- IV. Substance use and abuse
 - A. Alcohol
 - B. Tobacco
 - C. Psychoactive drugs
 - D. Prescription and nonprescription drugs (OTC)

- V. Human sexuality
 - A. Reproduction and birth control
 - B. Marriage, parenthood, and other close ties

- VI. Reducing risks
 - A. Infectious diseases
 - B. Cancer
 - C. Cardiovascular health and disease

- VII. Environmental and consumer health
 - A. Health care cost
 - B. Aging
 - C. Violence
 - D. Alternative medicine

REQUIRED TEXTBOOKS AND MATERIALS:

To be selected by the Instructor/Discipline Chair.

STATEMENT FOR STUDENTS WITH DISABILITIES:

Students who require academic accommodations due to any physical, psychological, or learning disability are encouraged to request assistance from a disability services counselor within the first two weeks of class. Likewise, students who potentially require emergency medical attention due to any chronic health condition are encouraged to disclose this information to a disability services counselor within the first two weeks of class. Counselors can be contacted by calling 686-3652 or by visiting the Student Development Office in the Phail Wynn Jr. Student Services Center, room 1309.