COURSE DESCRIPTION:

Prerequisites: ENG 080 and RED 080 or ENG 002 Tier 1
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.