

Course Outline for HEA 1

INTRODUCTION TO PERSONAL HEALTH

Effective: Fall 2020

I. CATALOG DESCRIPTION:

HEA 1 — INTRODUCTION TO PERSONAL HEALTH — 3.00 units

An exploration of major health issues and behaviors in the various dimensions of health (physical, emotional, intellectual/mental, social, spiritual, and environmental). Emphasis is placed on individual responsibility for personal health and the promotion of informed, positive health behaviors. Topics include psychological health, mental health, stress management, nutrition, exercise, weight management, chronic and infectious diseases, healthy relationships, sexual health, drug use and misuse, aging, and the health care system.

3.00 Units Lecture

Grading Methods:

Letter or P/NP

Discipline:

- Health

	<u>MIN</u>
Lecture Hours:	54.00
Expected Outside of Class Hours:	108.00
Total Hours:	162.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

Upon completion of this course, the student should be able to:

- A. Describe the dimensions of health;
- B. Evaluate personal health status; and develop and implement personal strategies (as appropriate) for psychological well-being, physical fitness, nutrition and healthy eating patterns, reduction of chronic disease risk, and prevention of infectious diseases;
- C. Distinguish between personal health and public health;
- D. Identify methods for maintaining psychological health;
- E. Describe the physiological effects of stress and its role in disease risk and progression;
- F. Apply fitness principles to improve cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition;
- G. Apply dietary recommendations to making healthy nutrition choices;
- H. Describe risk factors and risk reduction strategies for chronic conditions including cancer, diabetes, cardiovascular disease, and other diseases;
 - I. Examine the consequences associated with alcohol, tobacco, and other drug use; including impact on individual and society;
- J. Illustrate strategies for effective communication in healthy relationships;
- K. Discuss the roles of intimacy and sexuality in healthy relationships;
- L. Discuss risk reduction strategies for sexually transmitted infections (STIs) and other infectious diseases;
- M. Assess ways of preventing unintentional injuries, violent situations, and victimization;
- N. Describe environmental health risks communities face, and the inter-relationship between humans and their environment;
- O. Explain aging including the physiological, emotional, psychological, and sexual aspects;
- P. Describe the U.S. health care delivery system including types of insurance, the structure of the system, and issues concerning cost, quality, and access;
- Q. Critically evaluate various sources of health information;
- R. Communicate orally and in writing utilizing health-specific discipline language;
- S. Analyze his/her lifestyle from a wellness perspective. In response, identify areas for personal behavior change, and then plan and implement health enhancing behaviors as appropriate.

V. CONTENT:

- A. Definition of health
 1. Health viewed as a state of wellness influenced by the six dimensions of health: physical, emotional, intellectual/mental, social, environmental and spiritual behaviors
 2. Distinction between personal health and public health
- B. Healthy behaviors

1. Epidemiology of modern illness and disease
 2. Behaviors that lead to health and wellness
 3. Theories of behavior change
 4. Strategies for successful health behavior change
 5. Family health history
 6. Modifiable and unmodifiable risk factors for health
- C. Psychological Health
1. Foundations of psychological health
 2. Interaction of intellectual/mental, emotional, social and spiritual health
 3. Recognizing psychological issues including suicide, depression, anxiety, sleep patterns
 4. Concept of psychoneuroimmunology
 5. Mental health challenges including Major Depression, Generalized Anxiety Disorder, Panic Disorders, and Post Traumatic Stress Disorder (PTSD), nonsuicidal self-injury, and suicide.
 6. Definition of stress, including physiological responses to stress, and physical effects of chronic stress on body
 7. Stress management
- D. Healthy Relationships and Communication
- E. Physical Fitness
1. Physical activity and principles of fitness
 2. Components of fitness
 3. Recommended frequency, intensity, duration, and mode for components of fitness
 4. Target Heart Rate and methods of measuring exercise intensity
- F. Nutrition and Eating Patterns
1. Basic nutrient needs
 2. Caloric needs
 3. Tools for making healthy nutrition choices
- G. Healthy Body Weight
1. Principles of weight management
 2. Links between body weight, body fat, and obesity; and chronic diseases.
- H. Causes and prevention of Cardiovascular Disease
1. Definition of cardiovascular disease, atherosclerosis, stroke, hypertension
 2. Risk reduction strategies
- I. Causes and prevention of other Chronic Diseases
1. Cancer, including causes and unregulated proliferation of cells
 2. Diabetes
- J. Infectious Diseases
1. Modes of transmission
 2. Definitions and pathogenic agents
 3. Common infectious diseases
 4. Sexually transmitted infections
 5. HIV/AIDS
 6. Prophylaxis, treatment, immunizations
 7. Risk reduction strategies
- K. Sexual Health
1. Biology of reproductive system
 2. Fertility management
 3. STI reduction strategies
- L. Drugs and Drug Use/Abuse
1. Alcohol
 2. Tobacco
 3. Illegal drugs
 4. Medications
 5. Substance use and addiction
- M. Environmental Impact on Health
1. Land, water, and air pollution
 2. Global climate change
 3. Personal behaviors that impact the environment
- N. Violence prevention
1. Prevalence and risk factors
 2. Strategies to reduce risk
- O. Life Transitions
1. Biology of aging, ageism, successful aging, stages of dying
 2. Grief and loss
- P. Health Care Consumerism
1. Consumer awareness
 2. Evaluating the credibility of health information – written, verbal, web
 3. Accessing health care
 4. Health care delivery system – insurance, HMOs, fee-for-service
 5. Alternative/ Complementary care
 6. Patient rights and responsibilities

VI. METHODS OF INSTRUCTION:

- A. **Lecture** -
- B. **Audio-visual Activity** -
- C. **Discussion** -
- D. **Projects** -
- E. Large and small group discussions
- F. Individual and group skill building exercises and activities
- G. Assigned readings

VII. TYPICAL ASSIGNMENTS:

- A. Participate in lecture/discussions
 1. Students work in small groups to diagram biology of the reproductive system to review previous lecture and check for understanding
- B. Reading
 1. Read chapter on Nutrition and Healthy Eating in the text
- C. Skill-building exercises and projects
 1. Practice meditation for 10 minutes per day for 6 consecutive days. Write an assessment of the experience.
 2. Research the nutrient content of your favorite fast food meal and provide an analysis of its nutritional value using the federal standards as a guideline.

3. Keep a two-day food diary and compare your food consumption patterns to the USDA recommendations.
- D. Written assessment of the credibility of a health information source: Weigh factors to assess credibility of a health-related article.
- E. Course Project
 1. Develop, implement, and assess a project for changing a personal health behavior (i.e., smoking cessation, learn a relaxation method, improve nutritional intake, increase physical activity).

VIII. EVALUATION:

Methods/Frequency

- A. Exams/Tests
 - Minimum of two exams/tests/quizzes.
- B. Quizzes
 - Minimum of two exams/tests/quizzes.
- C. Research Projects
 - Minimum of one research assignment, including requirement to utilize sources from relevant Library periodical database
- D. Papers
 - as deemed appropriate by instructor
- E. Oral Presentation
 - A final examination, course presentation, or course project.
- F. Projects
 - A final examination, course presentation, or course project.
- G. Group Projects
 - A final examination, course presentation, or course project.
- H. Class Participation
 - Weekly/regular
- I. Class Work
 - as deemed appropriate by instructor.
- J. Home Work
 - as deemed appropriate by instructor.
- K. Other
 1. Behavior Change Project in which students develop, implement and evaluate strategies for effective health-related behavior change over the course of the semester.

IX. TYPICAL TEXTS:

1. Hales, Dianne. *An Invitation to Health*. 17th ed., Cengage, 2017.
2. Donatelle, Rebecca. *Access to Health*. 15th ed., Pearson Education, Inc, 2018.
3. Insel, Paul, and Walton Rich. *Connect Core Concepts in Health*. 14th ed., McGraw-Hill Education, 2016.
4. Vail-Smith, Karen, and Jerome Kotecki. *Choosing Health*. 3rd ed., Pearson Education Inc, 2018.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Internet access