



School of Nursing and Health Professions Syllabus



Term:

Credit: 3CR

Office Hours:

Course Code: HLT 124 ONLINE

Office Location:

Title of Course: Health & Wellness

Email:

Days & Times:

Phone:

Location:

Prerequisites/ Corequisites: Basic Math and English

Instructor:

COURSE DESCRIPTION:

This is a course designed to identify principles of health, disease, nutrition, stress management, and exercise necessary in maintaining a healthy lifestyle. Concepts of risk factors, morbidity, and mortality are discussed.

STUDENT LEARNING OUTCOMES:

Upon the successful completion of this course students will be able to:

- 1. Students will learn the health status of Americans and the importance of healthy people.**
 - a. Students will be able to describe long term healthy behaviors and the effects that your health choices. (LO 1.1)
 - b. Students will be able to compare and contrast the medical model of health. (LO 1.2)
 - c. Students will be able to identify their own risk behaviors, the factors that influence them. (LO 1.3)
 - d. Students will be able to learn preventive measures and disease prevention. (LO 1.4)
- 2. Students will comprehend what psychological health is.**
 - a. Students will be able to text identify several elements shared by psychologically healthy people. (LO 2.1)
 - b. Students will be able to understand mental, emotional, and spiritual health. (LO 2.2)
 - c. Students will be able to look at all the strategies to enhance psychological health. (LO 2.3)
 - d. Students will be able to understand different mood disorders. (LO 2.4)
 - e. Students will be able to define depression symptoms. (LO 2.5)
- 3. Students will understand violence prevention and injury.**

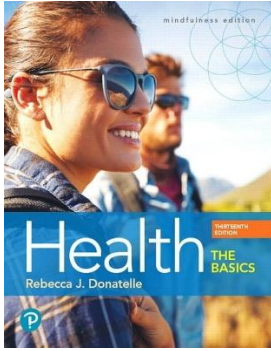
- a. Students will be able to differentiate between intentional and unintentional injuries. (LO 3.1)
 - b. Students will be able to discuss factors that contribute to domestic violence, intimate partner violence, and other intentional acts of violence. (LO 3.2)
 - c. Students will be able to describe potential risks to students on college campuses. (LO 3.3)
 - d. Students will be able to describe strategies to prevent intentional and unintentional injuries and reduce their risk of occurrence. (LO 3.4)
- 4. Students will learn the building of healthy relationships and the understanding of sexuality.**
- a. Students will be able to discuss ways to improve communication skills and interpersonal interactions. (LO 4.1)
 - b. Students will be able to define and discuss sexual identity components. (LO 4.2)
 - c. Students will be able to classify sexual dysfunctions and describe its major disorders. (LO 4.3)
 - d. Students will be able to explain the nature of human response and the variety of sexual expression. (LO 4.4)
- 5. Students will learn what drug abuse and addiction is.**
- a. Students will be able to identify the signs of addiction and discuss types of addiction. (LO 5.1)
 - b. Students will be able to discuss the use and abuse of controlled substances, including cocaine, amphetamines, marijuana, and inhalants. (LO 5.2)
 - c. Students will be able to discuss treatment and recovery options for an addict. (LO 5.3)
 - d. Students will be able to discuss the drug misuse and abuse of over-the-counter issues. (LO 5.4)
- 6. Students will learn the responsibility of drinking alcohol and ending tobacco use.**
- a. Students will be able to discuss the abuse of alcohol amongst college students. (LO 6.1)
 - b. Students will be able to explain the behavioral effects of alcohol, including long and short-term effects of alcohol consumption. (LO 6.2)
 - c. Students will be able to explain the symptoms and causes of alcoholism, its cost to society, effects on family, and treatment options. (LO 6.3)
 - d. Students will be able to discuss the social and political issues involved in tobacco use. (LO 6.4)
- 7. Students will understand the importance of protecting against infectious and noninfectious diseases.**
- a. Students will be able to explain how the immune system works and functions. (LO 7.1)
 - b. Students will be able to discuss actions to take in order to protect yourself from common infectious diseases. (LO 7.2)
 - c. 7.3 Students will be able to describe the most common pathogens that infect humans and the diseases caused by each infection. (LO 7.3)
 - d. Students will be able to discuss antimicrobial resistance and what we can be done to reduce the prevalence of pathogens. (LO 7.4)

- e. Students will be able to discuss HIV and AIDS and its impact on special populations. (LO 7.5)
- 8. Students will learn the components of a healthy diet and recognize proper nutritional guidelines.**
- a. Students will be able to describe the factors that influence their food decisions. (LO 8.1)
 - b. Students will be able to discuss different types of diets and how to use the My plate. (LO 8.2)
 - c. Students will be able to discuss the unique challenges that college student's face when trying to eat healthy foods. (LO 8.3)
 - d. Students will be able to explain food safety concern facing Americans and people in different regions of the world. (LO 8.4)
 - e. Students will be able to list and explain the six classes of nutrients and the primary functions of each class. (LO 8.5)
- 9. Students will understand how to reach a healthy weight and how to maintain it.**
- a. Students will be able to define over weight and obesity. (LO 9.1)
 - b. Students will be able to describe the factors that place people at risk for obesity. (LO 9.2)
 - c. Students will be able to discuss options for determining the percentage of body fat and a healthy weight for yourself. (LO 9.3)
 - d. Students will be able to discuss the role of exercise, diet, lifestyle, modification, and weight control and what methods are most effective. (LO 9.4)
- 10. Students will comprehend the preparation methods for dying, aging, and death.**
- a. Students will be able to define aging and list the characteristics of successful aging. (LO 10.1)
 - b. Students will be able to explain how the growing population of older adults will affect society. (LO 10.2)
 - c. Students will be able to discuss unique health challenges faced by older adults and discuss strategies for successful and healthy aging. (LO 10.3)
 - d. Students will be able to discuss death, the stages of grieving process and strategies for coping with death. (LO 10.4)
 - e. Students will be able to review the ethics that arise from the concepts of right to die and rational suicide. (LO 10.5)
 - f. Students will be able to learn the decision-making process that needs to be made when someone is dying or has died. (LO 10.6)

TEXTBOOK REQUIRED:

Donnatelle, Rebecca J, *Health: The Basics*. New York: Pearson Benjamin Cummings, 2013.

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EVALUATION METHODS:

- Discussions 210
- Assignments 580
- Quizzes 210
- Total 1000

Points (Hudson Online)	Percentage (%)	Letter Grade
940-1000	94% - 100%	A
900-939	90% - 93%	A-
870-899	87% - 89%	B+
830-869	83% - 86%	B
800-829	80% - 82%	B-
770-799	77% - 79%	C+
700-769	70% - 76%	C
600-699	60% - 69%	D
0-599	0% - 59%	F

WEEKLY OUTLINE:

Unit	Topic	Learning Outcomes (L.O)
1	Accessing your Health and Promoting your Psychological Health	LO 1.1, 1.2 LO 1.3, 1.4 LO 1.1 LO 1.2 LO 1.1-1.4

2	Violence and Healthy Relationships	LO 2.1, 2.2 LO 3.1, 3.2 LO 2.1, 2.2 LO 2.3, 2.4 LO 2.1-2.4
3	Communication and Addiction	LO 4.1 LO 5.1 LO 4.1 LO 4.3 LO 6.1, 6.2, 7.1, 7.2
4	Alcohol Abuse and Common Infectious Diseases	LO 6.1, 6.2 LO 6.1, 6.2 LO 6.1, 6.2 LO 6.3, 6.4 LO 4.1-4.4
5	Healthy Eating	LO 8.1 LO 8.3 LO 8.5 LO 8.2 LO 8.1-8.4
6	Obesity	LO 9.1 LO 9.2, 9.3 LO 9.1 LO 9.1, 9.2 LO 9.1-9.4
7	Aging and Dying	LO 10.1 LO 10.4 LO 10.1 LO 10.2 LO 10.1-10.4

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<https://www.hccc.edu/administration/academic-affairs/syllabus-addendum.html>