

Administrative Master Syllabus

Course Information

Course Title	Personal/Community Health
Course Prefix, Num. and Title	PHED 1304
Division	Life Sciences Division
Department	Kinesiology
Course Type	Academic General Education Course (from ACGM, but not WCJC Core)
Course Catalog Description	This course provides an introduction to the fundamentals, concepts, strategies, applications and contemporary trends related to understanding personal and/or community health issues. This course also focuses on empowering various populations with the ability to practice healthy living, promote healthy lifestyles and enhance individual well-being.
Pre-Requisites	TSI reading requirements met or concurrent enrollment in INRW 0306 or INRW 0307
Co-Requisites	Enter Co-Requisites Here.

Semester Credit Hours

Total Semester Credit Hours (SCH): Lecture Hours:	3:3:0
Lab/Other Hours	
Equated Pay Hours	3
Lab/Other Hours Breakdown: Lab Hours	Enter Lab Hours Here.
Lab/Other Hours Breakdown: Clinical Hours	Enter Clinical Hours Here.
Lab/Other Hours Breakdown: Practicum Hours	Enter Practicum Hours Here.
Other Hours Breakdown	List Total Lab/Other Hours Here.

Approval Signatures

Title	Signature	Date
Prepared by:		
Department Head:		
Division Chair:		
Dean/VPI:		
Approved by CIR:		



Topical Outline: Each offering of this course must include the following topics (be sure to include information regarding lab, practicum, and clinical or other non-lecture instruction).

- I. Overview
- II. Psychological & Spiritual Well-Being
- III. Stress Management
- IV. Social Health
- V. Personal Nutrition
- VI. Weight Control
- VII. Fitness Components
- VIII. Personal Sexuality, Reproductive Choices & STI's
- IX. Addictions including Alcohol and Tobacco
- X. Preventing Major Diseases
- XI. Personal Safety
- XII. Healthier Environment
- XIII. Lifetime of Health

Course Learning Outcomes:

Learning Outcomes – Upon successful completion of this course, students will:

1. Evaluate the dimensions of health and how they relate to personal and/or community wellness.
2. Explain the importance of nutrition, a healthy lifestyle and staying physically active in preventing premature disease and promoting wellness.
3. Describe the leading health problems, trends and needs of a diverse population.
4. Identify major agencies, foundations and associations supporting health at local, state, national and international levels as well as data tools and resources.
5. Evaluate sources of health information, including the internet, to determine reliability.
6. Develop and implement a plan of healthy behavior to meet personal and community needs to enhance quality of life.

Methods of Assessment:

1. Lecture, quizzes, assignments, midterm, final, term paper, projects, other departmentally approved methods and/or mastery of related material.
2. Lecture, quizzes, assignments, midterm, final, term paper, projects other departmentally approved methods and/or mastery of related material.
3. Lecture, quizzes, assignments, midterm, final, term paper, projects, other departmentally approved methods and/or mastery of related material.
4. Lecture, quizzes, assignments, midterm, final term paper, projects other departmentally approved methods and/or mastery of related material.
5. Lecture, quizzes, assignments, midterm, final term paper, projects, other departmentally approved methods and/or mastery of related material.
6. Lecture, quizzes, assignments, midterm, final, term paper, projects, other departmentally approved methods and/or mastery of related material.

Required text(s), optional text(s) and/or materials to be supplied by the student:

Hales, Dianne; An Invitation to Health: Build Your Future; Current Edition Wadsworth Cengage Learning

Suggested Course Maximum:

35

List any specific or physical requirements beyond a typical classroom required to teach the course.

TV/DVD; Internet Connectivity

Course Requirements/Grading System: Describe any course specific requirements such as research papers or reading assignments and the generalized grading format for the course.

Projects- 25-50% (may include research papers, exam essays, teaching assignment and/or oral Presentation)

Exams- 25-50% (may include quizzes, midterm and final)

Participation 25-50% (may include daily assignments, projects and/or participation)

90-100=A

80-89=B

70-79=C

60-69=D

Below 59 = F

Curriculum Checklist:

Administrative General Education Course (from ACGM, but not in WCJC Core) – No additional documents needed.

Administrative WCJC Core Course. Attach the Core Curriculum Review Forms

Critical Thinking

Communication

Empirical & Quantitative Skills

Teamwork

Social Responsibility

Personal Responsibility

WECM Course -If needed, revise the Program SCANS Matrix and Competencies Checklist