

Administrative Master Syllabus

Course Information

Course Title	Personal /Community Health
Course Prefix, Num. and Title	PHED1304
Division	Life Science
Department	Kinesiology
Course Type	Academic WCJC Core Course
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 ELAR (Reading and Writing) requirement met or concurrent enrollment in INRW 0306/NCBI 0306 or INRW 0307 or ENGL 1301/NCBI 0300
Co-Requisites	None

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	0
Lab/Other Hours Breakdown: Clinical Hours	0
Lab/Other Hours Breakdown: Practicum Hours	0
Other Hours Breakdown	0

Approval Signatures

Title	Signature	Date
Department Head:		
Division Chair:		
VPI:		

Additional Course Information

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. Taking Charge of Your Health
- II. Psychological & Spiritual Well-Being
- III. Caring for your Mind
- IV. Stress Management
- V. Personal Nutrition
- VI. Weight Management and Obesity Epidemic
- VII. Physical Activity and Fitness
- VIII. Communicating and Connecting
- IX. Sexual Health
- X. Reproductive Options
- XI. Sexually Transmitted Infections
- XII. Major Diseases
- XIII. Infectious Diseases
- XIV. Consumer Health
- XV. Addictive Behaviors and Drugs
- XVI. Alcohol
- XVII. Tobacco
- XVIII. Personal Safety
- XIX. A Healthier Environment
- XX. A 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:

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: Taking Charge of Your Health; Current Edition, Cengage Learning

Suggested Course Maximum:

35

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

Internet

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

Grading System:

Discussion Questions 4@25 points each

Getting Started work: 10 points

Chapter Exams 4 @ 100 points each

Final Exam Compressive 200 points

Sleep Assignment 65 points

Food Journal Assignment 75 points

Family History Assignment and Presentation 150 points

Class Total = 1000 points

90-100=A 80-89=B 70-79=C 60-69=D Below 59 = F

Quizzes=60% Assignments=29% Discussions/Getting Started=11%

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

Core Curriculum Review Form

Foundational Component Area: Core 080: Social & Behavioral Sciences

Course Prefix & Suffix: PHED 1304

Core Objective:

Critical Thinking Skills—to include creative thinking, innovation, inquiry, and analysis, evaluation and synthesis of information

Student Learning Outcome Supporting Core Objective:

For each core objective, there must be at least two different methods of assessment.

SLO Status	Student Learning Outcome (SLO)	Learning Activity	Assessment
State Mandated	Describe the leading health problems, trends and needs of a diverse population.	Family Health History Assignment	Students will research their family’s health history. Looking at the health of their mother, father, grandmothers, grandfathers (on each side) and siblings. A power point presentation will be used to present the findings of their research. They will also be required to identify changes they will make in their current/future health and lifestyle based on their family history and explain why they will make these changes. Including also how their culture plays a role in their family’s health history. Scoring rubric will focus on the students’ ability to demonstrate creative thinking, innovation, inquiry, and analysis, evaluation and synthesis of information.
State Mandated	Explain the importance of nutrition, a healthy lifestyle and staying physically active in preventing premature disease and promoting wellness.	Family Health History Assignment	Students will research their family’s health history. Looking at the health of their mother, father, grandmothers, grandfathers (on each side) and siblings. A power point presentation will be used to present the findings of their research. They will also be required to identify changes they will make in their current/future health and

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State Mandated	Develop and implement a plan of healthy behavior to meet personal and community needs to enhance quality of life.	Family Health History Assignment	<p>Students will research their family's health history. Looking at the health of their mother, father, grandmothers, grandfathers (on each side) and siblings. A power point presentation will be used to present the findings of their research. They will also be required to identify changes they will make in their current/future health and lifestyle based on their family history and explain why they will make these changes. Including also how their culture plays a role in their family's health history. Scoring rubric will focus on the students' ability to demonstrate creative thinking, innovation, inquiry, and analysis, evaluation and synthesis of information.</p>

Core Curriculum Review Form

Foundational Component Area: Core 080: Social & Behavioral Sciences

Course Prefix & Suffix: PHED 1304

Core Objective:

Communication Skills—to include effective development, interpretation and expression of ideas through written, oral and visual communication

Student Learning Outcome Supporting Core Objective:

For each core objective, there must be at least two different methods of assessment.

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State Mandated	Explain the importance of nutrition, a healthy lifestyle and staying physically active in preventing premature disease and promoting wellness.	Family Health History Assignment	Students will research their family’s health history. Looking at the health of their mother, father, grandmothers, grandfathers (on each side) and siblings. A power point presentation will be used to present the findings of their research. They will also be required to identify changes they will make in their current/future health and lifestyle based on their family history and explain why they will make these changes. Including also how their culture plays a role in their family’s health history. Scoring rubric will focus on effective development, interpretation and expression of ideas through written, oral and/or visual communication.
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Core Curriculum Review Form

Foundational Component Area: Core 080: Social & Behavioral Sciences

Course Prefix & Suffix: PHED 1304

Core Objective:

Empirical and Quantitative Skills—to include the manipulation and analysis of numerical data or observable facts resulting in informed conclusions

Student Learning Outcome Supporting Core Objective:

For each core objective, there must be at least two different methods of assessment.

SLO Status	Student Learning Outcome (SLO)	Learning Activity	Assessment
State Mandated	Explain the importance of nutrition, a healthy lifestyle and staying physically active in preventing premature disease and promoting wellness.	Food Journal	Students will log their food intake for 7-days. Entering the food into My Fitness Pal app. Upon completion of the 7-days the students will write a report on their food intake. Taking into consideration nutritional values as it relates to their overall health and wellness. Specific questions will be provided focusing on caloric and nutrient breakdown on a daily and weekly report. The report will include analysis of their nutritional breakdown in terms of calories, protein, carbohydrates, fats, vitamins and minerals. Scoring rubric will focus on students' ability to demonstrate effective manipulation and analysis of numerical data or observable facts resulting in informed conclusions.
State Mandated	Evaluate sources of health information, including the internet, to determine reliability.	Food Journal	Students will log their food intake for 7-days. Entering the food into My Fitness Pal app. Upon completion of the 7-days the students will write a report on their food intake. Taking into consideration nutritional values as it relates to their overall health and

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Core Curriculum Review Form

Foundational Component Area: Core 080: Social & Behavioral Sciences

Course Prefix & Suffix: PHED 1304

Core Objective:

Social Responsibility—to include intercultural competence, knowledge of civic responsibility, and the ability to engage effectively in regional, national, and global communities

Student Learning Outcome Supporting Core Objective:

For each core objective, there must be at least two different methods of assessment.

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