



Course Information

Course Title	Wellness and Health Promotion
Course Prefix, Num. and Title	CHLT 1302: Wellness and Health Promotion
Division	Allied Health
Department	Human Services
Course Type	WECM Course
Course Catalog Description	Overview of wellness theory and its application throughout the life span. Focus is on attitude development, impact on cultural beliefs, and communication of wellness. Includes health behavior theories and approaches to behavior modification.
Pre-Requisites	Enter Pre-Requisites Here.
Co-Requisites	Enter Co-Requisites Here.

Semester Credit Hours

Total Semester Credit Hours (SCH): Lecture Hours: Lab/Other Hours	3:3:0
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:		

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).

Foundations:

1. Health promotion and wellness theory
2. Wellness theory as applied throughout life span
3. Appreciation/Impact of cultural diversity
4. Behavior theories and introduction to behavior modification
5. Impact of culture/society/personal influences on nutrition and overall health

Issues:

1. Issues of Self-direction
2. Theories regard wellness concept
3. Primary, Secondary and Tertiary Levels of Prevention
4. Awareness of current health promotion strategies

Course Learning Outcomes:

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

1. Define and/or explain wellness/health promotion to include personal, social, cultural, nutritional, and environmental components of wellness
2. Correlate concepts of wellness and healthy lifestyle and how relates to the development of specific health promotion strategies for various populations, including primary, secondary, and tertiary prevention strategies, as well as evaluate the success of existing and newly developed health promotion strategies
3. Recognize and appropriately respond to beliefs, values, culture, and languages of the population served

Methods of Assessment:

1. Three examinations during the course of the semester
 - a. Examination One addresses 1-2
 - b. Examination Two addresses 2-3
 - c. Examination Three addresses 1-3
2. Term paper/project will address objectives 1-3

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

Duffy, K.G. and Atwater, E. (2014). Psychology for living, adjustment, growth, and behavior today. (11th Edition). New York: Pearson-Prentice Hall.

Suggested Course Maximum:

25

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

Laptop, WebCam with Microphone, headset, access to internet/WIFI (not compatible with Internet Explorer) at remote off-campus sites.

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

The term paper/project reflects the student outcomes as well as an introductory knowledge of health behavioral theories and approaches to behavior modification.

Specific text reading assignments, activities, examinations, and term paper will be required.

Grading System:

Examination One	100 points
Examination Two	100 points
Term Paper	100 points
Final Examination	100 points
Total Points	400 points

360-400 = A = 90% and above

320-359 = B = 80 – 89%

280-319 = C = 70 – 79%

240-279 = D = 60 – 69%

239 and below = F = below 60%

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