



**Purpose:** It is the intention of this Administrative-Master Syllabus to provide a general description of the course, outline the required elements of the course and to lay the foundation for course assessment for the improvement of student learning, as specified by the faculty of Wharton County Junior College, regardless of who teaches the course, the timeframe by which it is instructed, or the instructional method by which the course is delivered. It is not intended to restrict the manner by which an individual faculty member teaches the course but to be an administrative tool to aid in the improvement of instruction.

**Course Title – Health**

**Course Prefix and Number – PHED 1304**

**Department - Kinesiology**

**Division – Math & Science**

**Course Type:** (check one)

- Academic General Education Course (from ACGM – but not in WCJC Core)
- Academic WCJC Core Course
- WECM course (This course is a Special Topics or Unique Needs Course: Y  or N )

**Semester Credit Hours # : Lecture hours# : Lab/other hours #      3:3:0**

**Equated Pay hours for course - 3**

**Course Catalog Description** – Investigation of the principles and practices in relation to personal and community health. Designed to give students reliable information about their personal health and to aid them in using this information to safeguard their own health, to prevent health risks, and to deal with those problems they do encounter.

|                          |
|--------------------------|
| List Lab/<br>Other Hours |
| Lab Hours                |
| Clinical Hours           |
| Practicum Hours          |
| Other (list)             |

**Prerequisites/Co requisites** – THEA reading requirements met or concurrent enrollment in READ 0306 or 0307

**Prepared by** Peggy J. Fitt

**Date** 2-8-12

**Reviewed by department head** Gene Bahnsen

**Date** 2-8-12

**Accuracy verified by Division Chair** Kevin Dees

**Date** 2/8/2012

**Approved by Dean of Vocational Instruction or Vice President of Instruction**  
Leigh Ann Collins

**Date** 11-9-12



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

- Overview
- Stress Management
- Psychological Health
- Fitness Components
- Personal Nutrition
- Weight Control
- Communication and Relationships
- Personal Sexuality
- Infectious Diseases
- Cardiovascular Fitness
- Lowering Your Risk of Cancer and Other Major Diseases
- Drug, Alcohol, and Tobacco Use and Abuse
- Aging

**II. Course Learning Outcomes**

| <b>Course Learning Outcome</b>   | <b>Method of Assessment</b>                     |
|--|---|
| 80% of all students will be able to:   | Written assignments, midterm and/or final exams |
| Describe the components of cardiovascular fitness and how these components protect against heart attack. | Written assignments, midterm and/or final exams |
| Recognize the correlation between diet/exercise and weight control.                                      | Written assignments, midterm and/or final exams |
| Recognize the use and abuse of alcohol, tobacco and other drugs, both legal and illegal                  | Written assignments, midterm and/or final exams |
| Identify stress management techniques and how they contribute to psychological health.                   | Written assignments, midterm and/or final exams |

**III. Required Text(s), Optional Text(s) and/or Materials to be Supplied by Student.**

**IV. Suggested Course Maximum - 35**

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

None

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

Left up to the discretion of the instructor

**VII. Curriculum Checklist**

- **Academic General Education Course** (from ACGM – but not in WCJC Core)  
No additional documentation needed

- **Academic WCJC Core Course**  
Attach the Core Curriculum Checklist, including the following:

- Basic Intellectual Competencies
- Perspectives
- Exemplary Educational Objectives

- **WECM Courses**  
If needed, revise the Program SCANS Matrix & Competencies Checklist.