



## Syllabus

### HPE 212 Health

#### General Information

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**Date**

September 25th, 2017

**Department**

Physical Education and Integrated Health Care

**Course Prefix**

HPE

**Course Number**

212

**Course Title**

Health

#### Course Information

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**Credit Hours**

3

**Lecture Contact Hours**

3

**Lab Contact Hours**

0

**Other Contact Hours**

0

**Catalog Description**

This course is intended for any student interested in the benefits of a healthy lifestyle obtained through behavior changes. The course focuses on behaviors and lifestyle factors that affect individual well-being and disease. Emphasis is placed on how physical, emotional, social, intellectual, environmental, spiritual, and occupational wellness relates to overall health. Students earn certification in child abuse identification and reporting, as well as school violence intervention and prevention.

**Key Assessment**

This course does not contain a Key Assessment for any programs

**Prerequisites**

None

**Co-requisites**

None

**Grading Scheme**

Letter

#### First Year Experience/Capstone Designation

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This course DOES NOT satisfy the outcomes applicable for status as a FYE or Capstone.

#### SUNY General Education

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This course is designated as satisfying a requirement in the following SUNY Gen Ed category

None

# FLCC Values

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## Institutional Learning Outcomes Addressed by the Course

Vitality

Inquiry

Perseverance

Interconnectedness

## Course Learning Outcomes

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### Course Learning Outcomes

1. Identify fundamental concepts related to health and wellbeing.
2. Complete a lifestyle behavior change (e.g. Stop smoking, begin an exercise regime, integrate a healthier diet).
3. Obtain certification for the recognition and reporting of child abuse and school violence.
4. Apply connections between course concepts and personal experience.

## Program Affiliation

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### This course is required as a core program course in the following program

AAS Fish and Wildlife Technology

AS Health Care Studies

AS Sports Medicine

## Outline of Topics Covered

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### I. Taking Charge of Your Health

- Dimensions of Wellness
- Choosing wellness
- Lifestyle Management for reaching wellness

### II. Stress: The Constant Challenge

- Defining, sources, and managing stress
- Stress and health

### III. Psychological Health

- Defining Psychological health and disorders
- Suicide signs and prevention
- Models of change and getting psychological help

### IV. Nutrition Basics

- Components of a healthy diet
- Nutritional guidelines
- Informed choices about food

### V. Exercise for Health and Fitness

- Defining physical fitness and activity
- Benefits of exercise
- How to design, start, and continue an exercise program

### VI. Weight Management

- Concepts of weight management
- Body fat factors and issues
- Approaches to overcoming a weight problem
- Eating disorders
- Body image and determining a healthy weight

#### VII. Intimate Relationships and Communication

- Developing relationships
- Communication
- Pairing, singlehood, marriage, and family life

#### VIII. Sex, Pregnancy, and Childbirth

- Anatomy, hormones, and the reproductive cycle
- Understanding fertility, function, and behavior
- Pregnancy
- Childbirth

#### IX. Contraception and Abortion

- Principles of contraception
- Reversible, permanent, and emergency contraceptive methods
- Choosing which method is right for you
- Understanding and methods of abortion
- Laws, debate, and physical and psychological effects of abortion

#### X. Major STD's (Immunity and Infection)

- Education, diagnosis, and treatment of sexually transferred infections
- Understanding each major sexually transmitted infection and how to protect oneself

#### XI. The Use and Abuse of Psychoactive Drugs

- Addiction and misuse of drugs
- How drugs affect the body
- Classifications and types of drugs

#### XII. Alcohol and Tobacco

- The nature of alcohol
- Alcohol and health
- Excessive use of alcohol and how to get help
- Who uses tobacco and reasons why
- Health hazards of tobacco to the user and nonsmokers
- How to quit tobacco use

#### XIII. Cardiovascular Disease and Cancer

- The cardiovascular system

- Risk factors and protection for CVD
- Major forms of CVD
- Defining cancer
- Causes, detection, diagnosis, and treatment of cancer
- Incidences of cancer
- Common cancers

#### XIV. Child Abuse Recognition and Reporting

- Two hour child abuse prevention training

#### XV. Immunity and Infection

- The body's immune defense system
- Spread of disease
- Types of pathogens and disease

#### XVI. Environmental Health

- Population growth, air quality, water quality, solid waste, chemical pollution, radiation, and noise pollution defined and addressed
- Solutions and actions for environmental wellness

#### XVII. Conventional and Complementary Medicine

- Self-care and professional care
- Conventional, complementary, and alternative medicine

#### XVIII. Personal Safety

- Differentiating intentional and unintentional injuries
- Types of injuries / injury prevention
- Providing emergency care

#### XIX. The Challenge of Aging

- Dealing with aging challenges
- Life enhancing measures
- What is death
- Planning and coping with death and loss
- Coming to terms with death

#### XX. S.A.V.E. (Safe Schools Against Violence in Education) Training

- Two hour school violence prevention training