HPE130
PERSONAL HEALTH
3 Credit Hours

Prepared by:
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January 2010
I. CATALOGUE DESCRIPTION

A. Prerequisite: None

B. 3 semester hours credit

C. Personal Health explores health problems relevant to the past, present, and future. Student will have the opportunity to learn stress management, nutrition, health behaviors, and weight control through study and practice. (F, S, Su, OL)

II. EXPECTED LEARNING OUTCOMES WITH ASSESSMENT MEASURES

<table>
<thead>
<tr>
<th>OUTCOME</th>
<th>ASSESSMENT</th>
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<tr>
<td>Evaluate a variety of ways to create personally healthy behaviors including physical, emotional, personal stress management, and mental health.</td>
<td>Individual Assignment</td>
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<td>Discussion</td>
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<td>Exam/Quiz</td>
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<td>Journals</td>
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<td>Develop a plan for managing, reducing, and/or eliminating stress.</td>
<td>Individual Assignment</td>
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<td>Discussion</td>
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<td>Exam/Quiz</td>
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<td>Journals</td>
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<td>Case Study</td>
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<td>Develop fitness strategies that help to create a healthy lifestyle including physical fitness, nutrition, and weight control.</td>
<td>Survey</td>
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<td>Individual Assignment</td>
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<td>Discussion</td>
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<td>Exam/Quiz</td>
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<td>Describe risks to personal health and steps to eliminate or overcome them.</td>
<td>Discussion</td>
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<td>Exam/Quiz</td>
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<td>Presentation</td>
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<td>Document detailed knowledge of at least one health topic.</td>
<td>Research Paper</td>
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<td>Presentation</td>
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III. OUTLINE OF TOPICS

A. Introduction to Course
   1. Course overview and syllabus
   2. Welcome remarks

B. Taking Charge of Your Health
   1. Making healthy changes
   2. Emotional-spiritual well being
3. Stress management
4. Personal mental health

C. Creating a Healthy Lifestyle
1. Fitness
2. Nutrition
3. Weight control

D. Responsible Sexuality
1. Communication
2. Personal sexuality
3. Reproductive choices

E. Avoiding Health Risks
1. Addictive behaviors and drug abuse
2. Alcohol
3. Tobacco

F. Protecting Your Health
1. Preventing major diseases
2. Traditional/Nontraditional health care

G. Lifetime Health
1. Protecting yourself
2. Healthy environment
3. Aging

IV. METHOD(S) OF INSTRUCTION

A. Lecture
B. Discussions
C. Collaborative Activities
D. Guest Speakers
E. PowerPoint presentation
F. Films (DVD)

V. REQUIRED TEXTBOOK(S)

VI. REQUIRED MATERIALS

Textbook
Access to a computer

VII. SUPPLEMENTAL REFERENCES

Current Library resources

VIII. METHOD OF EVALUATION (basis for determining course grade)

A. Assignments
B. Case Study
C. Discussions
D. Exam/Quiz
E. Journals
F. Presentations
G. Research paper

IX. ADA STATEMENT

Any student requiring special accommodations should inform the instructor and the Coordinator of Disability Support Services (636)797-3000, 789-3000, or 942-3000, ext. 169.

X. ACADEMIC HONESTY STATEMENT

All students are responsible for complying with campus policies as stated in the Student Handbook and on the College website.
http://www.jeffco.edu/jeffco/index.php?option=com_weblinks&catid=26&Itemid=84