



HFST 1300

Division: Social and Behavioral Science

Department: Home and Family Studies

Course: HFST 1300

Title: Personal and Family Health

Catalog Description:

This course is an overview of health issues affecting the individual and the family. Discussion focuses on improving personal lifestyle decisions and preventing rather than curing illnesses.

General Education Requirements: N/A

Semesters Offered: Fall, Spring

Credit/Time Requirement: Credit: 2; Lecture: 2; Lab: 0

Clock/Hour Requirements: 0

Offered for Non-Credit: No

Prerequisites: N/A

Corequisites: N/A

Justification:

This course meets the following needs: (1) it fills a requirement for Elementary Education and Physical Education majors; (2) it serves as an elective for students desiring information and skills for personal use.

Student Learning Outcomes:

Upon successful completion of this course, students will:

- understand the factors that can help them achieve better health for themselves and for their families; assignments indicate if this is being achieved.
- begin to implement behavior changes in their own lives to improve their total wellness and health; final essay exam requires them to report changes they have made.
- gain an understanding of the concept of wellness as a continuum which replaces the less useful terminology of illness and wellness; final exam assesses this.
- become a more educated consumer and be able to better distinguish between health fads and myths and the proven scientific information available to modern consumers; assignments measure this.
- gain experience in searching out current health information; Web page assignment is a practical experience in assessing the quality of health information.
- be able to implement self-help health procedures that can optimize a healthy lifestyle; this outcome is measured by exam.

Content:

This course will include the following topics:

- Achieving Personal Health
- Managing Stress
- Maintaining Emotional Wellness
- Choosing a Nutritious Diet
- Managing Weight
- Achieving Physical Fitness
- Healthy Sexual Relationships
- Understanding Pregnancy and Parenthood
- Choosing a Fertility Control Method
- Protecting Against Infectious Diseases
- Cardiovascular Diseases
- Cancer
- Using Drugs Responsibly
- Tobacco and Alcohol Use and Abuse
- Making Decisions About Health Care
- Understanding Aging and Dying
- Working Toward a Healthy Environment

General Education Outcomes:

- 4) Retrieve, evaluate, interpret, and deliver information through a variety of traditional and electronic media. This course emphasizes the need to stay current in the changing field of health related information. Students are required to seek out and analyze various Internet sites as to their reliability and validity. Email skills are required to transmit some assignments. The emails are graded on how well the student is able to determine valid web site information.
- 10) Apply personal-fitness and wellness-management principles to lifestyle choices. Students will increase in their understanding of the physical and emotional implications of various lifestyle choices. This is measured by their responses on the Final Essay exam.

Key Performance Indicators:

- Three unit exams and a comprehensive essay final exam are administered. The exam scores represent approximately 46% of the final grade.
- Assignments require students to apply principles taught in class. They provide feedback on how well students are internalizing the concepts. Approximately 54% of the grade is based on assignments.

Representative Text and/or Supplies:

- Gordon Edlin, et. al., Essentials for Health and Wellness, current edition, Jones and Bartlett

Optimum Class Size: 35

Maximum Class Size: 35

Signatures:

I hereby submit this course syllabus:

Tracie Bradley, MEd, Associate Professor

I hereby find this course consistent with the goals and resources of the Home and Family Studies Department:

Kim Cragun, MS, Associate Professor, Chair

I hereby find this course consistent with the goals and resources of the Social and Behavioral Science Division:

Sue Dalley, M.S., Associate Professor, Dean

I have discussed the need for library resources related to this class with the person submitting the syllabus:

Lynn Anderson, MLIS, Technical Services Librarian (Main Campus)

Michelle Olsen, MLS, Campus Librarian (Richfield Campus)