



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 two separate needs: (1) to fill a requirement for Elementary Education and Physical Education majors; (2) 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
- begin to implement behavior changes in their own lives to improve their total wellness and health
- gain an understanding of the concept of wellness as a continuum which replaces the less useful terminology of illness and wellness
- become a more educated consumer and will be able to better distinguish between health fads and myths and the proven scientific information available to modern consumers
- gain experience in searching out current health information
- be able to implement self help health procedures that can optimize a healthy lifestyle.

Content:

This course will include:

- Achieving Personal Health
 - Defining Health and Wellness
 - Dimensions of Health and Wellness
 - Health as Positive Wellness

- Taking Personal Responsibility for Health
- Managing Stress
 - Physiological Aspects of Stress
 - What is Stress?
 - Stress Activators
 - Reactions to Stress
 - Managing Stress
- Maintaining Emotional Wellness
 - Understanding Thoughts and Emotions
 - The Mind-Body Connection
 - Understanding Emotional Disorders
 - Developing Coping Strategies
 - Finding Positive Solutions
- Choosing a Nutritious Diet
 - Dietary Guidelines from Eating Right
 - Reading the New Food Labels
 - the Function of Food in the Body
 - The Composition of Food
 - Food Additives
 - Fast Foods
- Managing Weight
 - Defining Overweight and Obesity
 - Measuring and Regulating Weight
 - Safe Weight Loss
 - Weight Control Fads and Fallacies
 - Body Image Issues
 - Eating Disorders
- Achieving Physical Fitness
 - What is Physical Activity?
 - Fitness and Conditioning
 - Creating a Physical Fitness Plan
 - Improving Sleep
- Healty Sexual Realtionships
 - Defining Sex and Sexuality
 - Gender Identity and Roles
 - Sexual Biology
 - Understanding and Overcoming an Unhealthy Relationship
 - Developing Healthy Sexual Relationships
 - Communicating in Relationships
- Understanding Pregnancy and Parenthood
 - Choosing Parenthood or Not
 - Infertility
 - Becoming Pregnant
 - Health Habits During Prgnancy
 - Childbirth
 - Complications in Pregancy

- Choosing a Fertility Control Method
 - Fertility Control
 - Method Options
 - Using Fertility Control Responsibly
 - Abortion
- Protecting Against Infectious Diseases
 - Understanding the Immune System
 - Immune System Mistakes
 - Recognizing Disease Agents
 - Antibiotics
 - Immunizations
 - Sexually Transmitted Diseases
- Cardiovascular Diseases
 - Understanding Cardiovascular Diseases
 - Atherosclerosis
 - Cardiovascular Risk Factors
 - Heart Disease Prevention
- Cancer
 - Understanding Cancer
 - Environmental Factors in Cancer
 - Reducing Cancer Risks
 - Confronting Cancer
 - Self Examinations Techniques
- Using Drugs Responsibly
 - What is a Drug?
 - How Do Drugs Work?
 - Consequences of Drug Abuse
 - Illegal Psychoactive Drugs
 - Legal Drugs
- Tobacco and Alcohol Use and Abuse
 - Physiological Effects of Tobacco
 - Tobacco and Diseases
 - Learning to Quit Tobacco
 - Alcohol Abuse
 - Alcohol Effects on the Body and Behavior
 - Alcoholism
- Making Decisions About Health Care
 - Health Care Consumerism
 - Using Doctors and Hospitals
 - Alternative Medicines
 - Understanding Health Insurance
 - Today's Health Care Issues
- Understanding Aging and Dying
 - Theories of Aging
 - Age Related Diseases
 - Elderly Care

- Approaching Death With Dignity
- Stages of Dying
- Working Toward a Healthy Environment
 - Outdoor Pollution
 - Indoor Pollution
 - Water Pollution
 - Noise Pollution
 - Population Growth Effects
 - Personal Safety.

General Education Outcomes:

1) Read effectively, constructively, and critically.

Course exams require students to comprehend and apply their reading to exam questions. The class discussions do not duplicate the text material so students must gain the text knowledge independently. The entire course is based on increasing the students' ability to logically understand and analyze the implications and consequences of health and behavioral decisions.

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.

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.

Key Performance Indicators:

- Students turn in questions each day and time is spent in discussing them. This enables the instructor to gauge student learning and needs. Questions that are asked are usually a reflection of what the students are perceiving as important to their learning.
- Three unit exams and a comprehensive essay final exam are administered. The exam scores represent approximately 50% of the final grade.
- Attendance is required and discussion is strongly encouraged to help measure student understanding of the content matter.
- Assignments require students to apply principles taught in class. They provide feedback on how well students are internalizing the concepts. 50% of the grade is based on assignments.
- Students are encouraged to visit with the instructor outside of class for further clarification of concepts. It aids in personalizing their information to meet individual needs.

Representative Text and/or Supplies:

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

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)