

EASTERN ARIZONA COLLEGE

Personal Health

Course Design

2016-2017

Course Information

Division	Health & Physical Education
Course Number	HPE 100
Title	Personal Health
Credits	3
Developed by	Jim Bagnall/Revised by Craig Hackett
Lecture/Lab Ratio	3 Lecture/0 Lab
Transfer Status	

ASU	NAU	UA
EXW 100, HSC 100, KIN 100, Social-Behavioral Sciences (SB)	HS 200	PE Departmental Elective

Activity Course	No
CIP Code	31.0501
Assessment Mode	Pre/Post Test (10 Questions/100 Points)
Semester Taught	Fall and Spring
GE Category	Social Sciences
Separate Lab	No
Awareness Course	No
Intensive Writing Course	No

Prerequisites

ENG 091 with a grade of "C" or higher or reading placement test score as established by District policy

Educational Value

Anyone interested in appreciating and understanding the human body so that one will be able to sustain good health and live a longer, healthier life. By applying current behavioral models and theories discussed in class, students may choose to make changes in their lifestyles and habits to strengthen their personal health.

Description

Students will gain an understanding of health issues critical to their well-being. This includes body functions in health and disease, ways of maintaining and improving one's health, means of preventing disorders, understanding common diseases, and the importance of proper curative measures. Students will identify the historical and present day global health issues and their impact on society politically, socially, economically, and psychologically. Required for HPE majors, Sports Studies majors, and Sports Medicine and Rehabilitative Therapies certificates. Identical to HHP 100.

Supplies

Notebook or Spiral Binder

Competencies and Performance Standards

- 1. Describe health hazards of alcohol, tobacco, and drugs and how they affect members of society.**

Learning objectives

What you will learn as you master the competency:

- Classify alcoholic products by type and potency.
- Distinguish various alcohol and drug problems demographically and by type.
- Examine health hazards of tobacco.
- Identify illicit drugs and their dangers by type, composition, potency, and origins.
- Recognize the effects of these hazards as they relate to gender, ethnic groups, and worldwide.

Performance Standards

Competence will be demonstrated:

- o by successful completion of unit/chapter test
- o completion of a writing assignment

Performance will be satisfactory when:

- o learner identifies the alcoholic products by type and potency
- o learner recognizes the symptoms and dangers of alcoholism
- o learner recognizes the health hazards of tobacco
- o learner identifies the dangers of drug addiction
- o learner recognizes the effects of these hazards as they relate to different gender and ethnic groups
- o learner describes preventative measures of addiction to alcohol, tobacco, and drugs

- 2. Describe common diseases detrimental to human health and how those diseases affect members of society differently.**

Learning objectives

What you will learn as you master the competency:

- Discuss the prevalence and prevention of cardiovascular disease.
- Discuss different types of cancers, treatments, and prevention.
- Discuss HIV/AIDS symptoms.
- Identify and explain transmission means and rates of HIV/AIDS nationally and globally.
- Compare the effects of cardiovascular disease, cancer, and HIV/AIDS as they relate to gender and ethnic groups.

Performance Standards

Competence will be demonstrated:

- o by successful completion of unit/chapter test
- o completion of a writing assignment

Performance will be satisfactory when:

- o learner verifies the signs and symptoms of cardiovascular disease

- learner identifies different types of cancers: the causes, prevention, and treatments as applicable
- learner lists HIV/AIDS symptoms
- learner recognizes types of transmissions of HIV/AIDS and prevention
- learner recognizes the effects of cardiovascular disease, cancer, and HIV/AIDS as they relate to gender and ethnic groups both nationally and globally

3. Examine stress and other emotional disorders and treatments available.

Learning objectives

What you will learn as you master the competency:

- a. Discuss stress disorders, including depression.
- b. Recognize and explain the causes of emotional disorders.
- c. Discuss and compare types of stress management.
- d. Identify and compare types of help available and their effectiveness.

Performance Standards

Competence will be demonstrated:

- by successful completion of unit/chapter test
- completion of a writing assignment

Performance will be satisfactory when:

- learner can explain stress disorders
- learner can categorize emotional disorders
- learner can describe stress management
- learner can summarize the effectiveness of resources available

4. Discuss current health care choices and the benefits or disadvantages derived from these decisions.

Learning objectives

What you will learn as you master the competency:

- a. Discuss abuse and how it relates to health problems.
- b. Recognize the role as a health care consumer.
- c. Identify types of accidents, cause, and preventative measures.
- d. Discuss general first aid information.
- e. Discuss current theories and models used in health promotion to make healthy lifestyle changes.

Performance Standards

Competence will be demonstrated:

- by successful completion of unit/chapter test
- completion of a writing assignment

Performance will be satisfactory when:

- learner recognizes health concerns regarding abuse
- learner can discuss their role and rights as a health care consumer
- learner identifies types of accidents, their causes, and prevention
- learner can apply general first aid verbally or manually

- learner can summarize current theories and models as they apply to healthy lifestyles

5. Evaluate and discuss current research regarding the maintenance of a healthy body.

Learning objectives

What you will learn as you master the competency:

- Recognize eating disorders.
- Demonstrate physical fitness.
- Recognize nutritional awareness
- Recognize the desirable weight.

Performance Standards

Competence will be demonstrated:

- by successful completion of unit/chapter test
- completion of a writing assignment

Performance will be satisfactory when:

- learner can discuss the causes and treatments for eating disorders
- learner can explain the need for physical fitness
- learner recognizes the need for nutritional awareness
- learner demonstrates the ability to write goals to achieve and/or maintain their desirable weight

6. Describe and discuss global health concerns and their impact on society.

Learning objectives

What you will learn as you master the competency:

- Identify historical and present day global health concerns.
- Recognize similarities and differences between historical and present day health concerns.
- Identify the political, social, economic and psychological impacts of current health concerns.
- Discuss theories and models frequently used in health promotion by health agencies and their impact on global health.

Performance Standards

Competence will be demonstrated:

- by successful completion of unit/chapter test
- completion of a writing assignment

Performance will be satisfactory when:

- learner can name historic and present day global health concerns
- learner can compare similarities and differences between historical and present day health concerns
- learner can summarize the political, social, economic, and psychological impacts of global health concerns
- learner can summarize the theories and models frequently used in health promotion and their impact on global health

Types of Instruction

Classroom Presentation

Grading Information

Grading Rationale

Post Test	10%
Attendance	10%
Exams	50%
Written reports, quizzes, oral presentations	30%

Grading Scale

A	90-100%
B	80-89%
C	70-79%
D	60-69%
F	59% and below