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| <p>Course Name:</p> <p>HLTH 102/3.0</p> <p>Personal Health and Wellness</p> | <p>Course Instructor:</p> <p>Jenson Price</p> | <p>Contact Hours:</p> <p>Lectures: 3 x 1 hour/week / 12 weeks</p> <hr/> <p>Prerequisite:</p> <p>None</p> <hr/> <p>ONE-WAY Exclusion:</p> <p>May not be taken with or after 12.0 units in KNPE. <u>NOTE:</u> Not available to students in a KINE Plan.</p> | | | | | | |
| <p>Course Description:</p> <p>This course has been designed for undergraduate students who want to enhance their personal health awareness, knowledge, and practices. Through a combination of theoretical and experiential learning opportunities, you will be introduced to the concepts of health and wellness from a personal perspective. Course content and assignments will help you learn to think critically about health information and apply the information to your own health behaviours. We will work through a variety of evidence-based topics related to personal health and wellness, and on some weeks will hear from others' expertise in the form of guest lecturers. I am looking forward to helping you on your path to health and wellness this semester, and hope this course can play a lasting role in your future health and wellness practices.</p> | | <p>Required Textbook:</p> <p>Irwin J. D., Burke, S. M., Insel, C. E., Roth, W. T., & Insel, P. M. (2023). <i>Core concepts in health</i>. (4th Canadian ed.). Toronto, Ontario: McGraw-Hill. (ISBN-13: 978-1-26-088131-8) There are two options available to you from the Campus Bookstore (\$129.95 + Tax; cost is subject to change).</p> <ol style="list-style-type: none"> 1. Print textbook 2. eBook <p>Required readings and other resources are listed in the course description in onQ.</p> | | | | | | |
| <p>Learning Outcomes:</p> <ul style="list-style-type: none"> • Identify and explain terminology, concepts, and assumptions related to personal health and well-being. • Critically appraise information and resources relevant to personal health. • Apply course content to one's own personal health practices. | <p>Course Evaluation:</p> <p>The final grade for this course will be based on the following items weighted as indicated below:</p> <table border="0" style="width: 100%;"> <tr> <td>Reading Assignment Tests</td> <td style="text-align: right;">30%</td> </tr> <tr> <td>Quizzes</td> <td style="text-align: right;">40%</td> </tr> <tr> <td>Health Behaviour Self-Analysis</td> <td style="text-align: right;">30%</td> </tr> </table> | | Reading Assignment Tests | 30% | Quizzes | 40% | Health Behaviour Self-Analysis | 30% |
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| <p>Course Outline</p> | | | | | | | | |
| Wellness and Personal Health | Responsible Use of Alcohol | | | | | | | |
| Achieving Wellness/Introduction to Personal Health Behaviour Change | Psychoactive Drugs | | | | | | | |
| National College Health Assessment | Tobacco and Smoking Behaviour | | | | | | | |
| Psychological Health | Sleep Basics; The Link Between Sleep and Health | | | | | | | |

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| Stress; Managing Stress | Healthy Relationships and Sexual Violence |
| Nutrition Basics; Making Informed Food Choices | Practicing Safe Sex; Sexually Transmitted Infections |
| Exercise Basics; Physical Activity vs. Sedentary Behaviour | Conventional and Complimentary Medicine |