

<p>Course Name:</p> <p>HLTH 102/3.0</p> <p>Personal Health and Wellness</p>	<p>Course Instructor:</p> <p>Dr. Jennifer Tomasone</p>	<p>Contact Hours:</p>
		<p>Prerequisite:</p> <p>None</p>
		<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>TBD</p>	
<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	

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