

<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>Winter 2021 – Remote Delivery</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 (formerly PPHE; PHED; KINE).</p> <p><u>NOTE:</u> Not available to students in a PHED or 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, this course offers an introduction to the concepts of health and wellness from a personal perspective. Course content and assignments will help students learn to think critically about health information and apply the information to their own health behaviours. A variety of evidence-based topics related to personal health and wellness will be presented by the instructor and guest lecturers.</p>	<p>Required Textbook:</p> <p>Irwin J. D., Burke, S. M., Insel, P. M., & Roth, W. T. (2019). <i>Core concepts in health</i>. (3rd Canadian ed.). Mississauga, Ontario: McGraw-Hill Education Limited. (ISBN-13: 978-1-25-965470-1)</p> <p>Additional course readings will be posted on the Queen's Library reserve and OnQ.</p>						
<p>Course Objectives:</p> <p>Successful students will be able to:</p> <ol style="list-style-type: none"> 1. Identify and explain terminology, concepts, and assumptions related to personal health and well-being. 2. Evaluate and critically appraise information and resources relevant to personal health. 3. 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> <tr> <td>Reading Assignment Tests</td> <td>30%</td> </tr> <tr> <td>Lecture Quizzes</td> <td>40%</td> </tr> <tr> <td>Health Behaviour Self-Analysis</td> <td>30%</td> </tr> </table>	Reading Assignment Tests	30%	Lecture Quizzes	40%	Health Behaviour Self-Analysis	30%
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Course Outline							
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						