

<p>Course Name: HLTH 102/3.0</p> <p>Personal Health and Wellness</p>	<p>Course Instructor:</p> <p>Beth Richan</p>	<p>Contact Hours: Lectures: 2 x 1.5 hr / 12 weeks Field Studies: 2 x 4 hr / 2 weeks</p>
		<p>Prerequisite: None</p>
		<p>ONE-WAY Exclusion: May not be taken with or after 12.0 units in KNPE (formerly PPHE; PHED; KINE).</p> <p>NOTE: 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. Theoretical and experiential learning opportunities will introduce the concepts of health and wellness from a personal perspective. In-class lectures and assignments will support students learning in thinking critically about health information and their own health behaviours. Evidence-based topics related to personal health and wellness will be presented in lectures and on field studies, and will be supplemented by assignments that students will complete in and outside of class.</p>	<p>Course Materials:</p> <p>Insel, P. M., Roth W. T., & Insel, C. (2018). Core Concepts in Health, Brief. 15/e. McGraw-Hill Higher Education.</p> <p>Journal articles, book chapters and other reading materials available on onQ</p>
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<p>Intended Student Learning Outcomes:</p> <p>On completion of the course, 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. Examine and analyze health impact to personal health practices. 	<p>Course Evaluation:</p> <table> <tr> <td>- Participation & professionalism</td> <td>15%</td> </tr> <tr> <td>- Building your understanding micro tasks (3x 5%)</td> <td>15%</td> </tr> <tr> <td>- Exercise & calorie correlation</td> <td>15%</td> </tr> <tr> <td>- Health Behaviour Change</td> <td></td> </tr> <tr> <td> -Contract</td> <td>5%</td> </tr> <tr> <td> -Analysis</td> <td>20%</td> </tr> <tr> <td>- Final exam</td> <td>30%</td> </tr> </table>	- Participation & professionalism	15%	- Building your understanding micro tasks (3x 5%)	15%	- Exercise & calorie correlation	15%	- Health Behaviour Change		-Contract	5%	-Analysis	20%	- Final exam	30%
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Course Description	
Wellness and Personal Health	Responsible Use of Alcohol
Achieving Wellness/Health Behaviour Change	Exercise Basics; Physical Activity vs. Sedentary Behaviour
Psychological Health: Managing Stress	Tobacco and Smoking Behaviour
Psychoactive Drugs	Sleep Basics: Link between Sleep and Health

Nutrition Basics: Making Informed Food Choices	Healthy Relationships and Sexual Violence
Conventional and Complimentary Medicine	Healthy Sexuality