

<p><b>Course Name:</b></p> <p><b>HLTH 102/3.0</b></p> <p>Personal Health and Wellness</p>	<p><b>Course Instructor:</b></p> <p>Tami Morgan</p>	<p><b>Contact Hours:</b></p> <p>Lectures: 3 x 1 hour/week / 12 weeks</p>					
		<p><b>Prerequisite:</b></p> <p>None</p>					
		<p><b>ONE-WAY Exclusion:</b></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><b>Course Description:</b></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><b>Required Textbook:</b></p> <p>Irwin J. D., Burke, S. M., Insel, P. M., &amp; Roth, W. T. (2019). <i>Core concepts in health</i>. (3<sup>rd</sup> 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><b>Course Objectives:</b></p> <p>Successful students will be able to:</p> <ol style="list-style-type: none"> <li>1. Identify and explain terminology, concepts, and assumptions related to personal health and well-being.</li> <li>2. Evaluate and critically appraise information and resources relevant to personal health.</li> <li>3. Apply course content to one's own personal health practices.</li> </ol>	<p><b>Course Evaluation:</b></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>Quizzes</td> <td>40%</td> </tr> <tr> <td>Health Behaviour Self-Analysis</td> <td>30%</td> </tr> </table>	Reading Assignment Tests	30%	Quizzes	40%	Health Behaviour Self-Analysis	30%
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<b>Course Outline</b>							
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						