

<p>Course Name:</p> <p>HLTH 102/3.0</p> <p>Personal Health and Wellness</p>	<p>Course Instructor:</p> <p>Heejun Lim</p>	<p>Contact Hours:</p> <p>Lectures: 3 x 1 hour/week / 12 weeks</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, 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>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" data-bbox="808 1570 1485 1682"> <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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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