

# Minnesota State University Moorhead

## HLTH 110: Personal Health and Wellness

### A. COURSE DESCRIPTION

Credits: 3

Lecture Hours/Week: 3

Lab Hours/Week: 0

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This class assists students in examining their personal level of wellness, which includes physical fitness, making good nutrition choices, maintaining a healthy body composition, dealing effectively with stress, determining personal risk for cardiovascular disease and cancer, making wise choices in drug use and avoiding abuse, protecting one's self against sexually transmitted diseases and identifying skills for developing and maintaining successful interpersonal relationships.

**B. COURSE EFFECTIVE DATES:** 05/05/2000 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Prevent or reduce the risk of tobacco use or alcohol and other drug abuse.
2. Prevent or reduce the risk of HIV infection and AIDS, sexually transmitted diseases, and unintentional pregnancy.
3. Contribute to sufficient physical activity and promote health-enhancing dietary practices.
4. Behaviors that foster and those that hinder well-being.
5. Physical, social, emotional and intellectual factor that influence health.
6. The short-term and long-term consequences of positive and negative health choices.
7. The relationship between and among the major health determinants of genetics, environments, health care, and personal behavior.
8. The importance of individual responsibility for health.
9. Strategies to reduce and prevent stress-related health problems.
10. Models and strategies for teaching communication skills for expressing needs, wants, feelings; communicating, care, consideration, and respect of self and others; conflict resolution; and refusal skills.
11. Applying decision-making and goal-setting processes to personal health choices.
12. The components of and processes for the development and implementation of personal health plans.

#### **D. LEARNING OUTCOMES (General)**

1. Define health and wellness and outline steps for successful behavior change (K, R).
2. Identify the characteristics of emotional and mental health (K, R).
3. Define stress, stressors and identify strategies for managing stress (K, R).
4. List the five components of health related fitness and describe the health benefits of regular physical activity (K, R).
5. List the different forms of cardiorespiratory activities and describe their potential health benefits and risks (K, R).
6. Complete an assessment in the five components of health-related fitness and develop personal strategy for improving these components (K, R, C).
7. Explain the benefits of muscular strength and endurance and develop a personalized program (K, R, C).
8. List and describe nutritional guidelines of MyPyramid, explain how to read food labels and identify strategies to avoid personal nutritional pitfalls (K, R, C).
9. Define overweight and obesity and identify health risks associated with excess weight (K, R).
10. Identify the symptoms and dangers associated with eating disorders (K, R).
11. Design a personal plan for sensible weight management (K, R, C).
12. Discuss gender differences in communication and relationships and explore ways to improve relationships (K, R, C, H).
13. Describe conditions or issues unique to women's and men's sexual health and define sexual orientation and state examples of sexual diversity (K).
14. Describe options available for contraception, identify advantages or disadvantages of each and examine reproductive choices (K, R).
15. Examine addictive behaviors such as gambling and drug use (K, R).
16. Describe the effects and health risks of common drugs of abuse (K, R).
17. Discuss the impact of alcohol misuse among college students and define binge drinking (K, R).
18. Describe the effects of alcohol on the body system and the symptoms of alcohol poisoning (K).
19. Define alcohol abuse, dependence and alcoholism by listing symptoms and discuss the negative consequences from alcohol abuse (K, R).
20. Evaluate your drinking habits and describe the health risks (K, R).
21. List and describe the health effects of smoking tobacco or using smokeless tobacco and assess the health risks associated with you or others' use of tobacco (K, R).
22. Define cardiometabolic health and list actions for lowering the risk (K).
23. Discuss the components related to major diseases such as diabetes, hypertension, cholesterol and cancer and their effects on health (K, R).
24. Define stroke and transient ischemic attacks (K).
25. Explain how the different agents of infection spread disease and describe how the body protects itself (K).
26. Describe some common infectious diseases, explain the dangers of overuse or misuse of antibiotics and discuss strategies to avoid them (K, R).
27. Discuss the ABC's of safe sex and describe the methods of STI transmission (K).
28. Describe common STI's, the symptoms and treatment of each (K).
29. Define HIV infection, list five facts about sexual transmission and list strategies for reducing the risk of HIV infection (K, R).
30. List ways to protect yourself from injury, violence and victimization (K, R, C).
31. Describe a list of action one can take to protect the environment (K, R, C, H).
32. Discuss how your knowledge and attitude about health issues have changed and how you might implement these changes throughout your life (K, R, C, H).

**E. Minnesota Transfer Curriculum Goal Area(s) and Competencies**

None

**F. LEARNER OUTCOMES ASSESSMENT**

As noted on course syllabus

**G. SPECIAL INFORMATION**

None noted