

# Northern Marianas College

## CURRICULUM ACTION REQUEST

**Effective Semester / Session:** Spring 2012

**Type of Action:**

- ☐ New
- ☒ Modification
- ☐ Move to Inactive (Stop Out)
- ☐ Cancellation

**Course Alpha and Number:** HE 150

**Course Title:** Personal Health

**Reason for initiating, revising, or canceling:**

This course guide is being modified to add the online course option, change in textbook edition, update the course guide in general to meet the required 3 year update.

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Lisa A. Lunde

12/12/2011

Proposer

Date

Dr. Alfredo De Torres

12/12/2011

Department Chair

Date

Barbara Merfalen

12.13.11

Dean of Academic Programs and Services

Date

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## Course Guide

Course: HE 150 – Personal Health

### 1. Department

Science, Mathematics, Health and Athletics

### 2. Purpose

HE 150 is designed to introduce students to the issues of personal health and the lifetime benefits provided through establishing a healthy lifestyle. Its lecture component provides an in-depth understanding of the hows and the whys of health as well as useful information in helping students make healthful adjustments to their current lifestyles.

### 3. Description

#### A. Required/Recommended Textbook(s) and Related Materials

Paul M. Insel and Walton T. Roth.  
*Core Concepts in Health, Eleventh edition*  
McGraw-Hill Publishing, 2010

**Readability Level:** Grade 11.0

#### B. Contact Hours

1. **Lecture: Face to Face Option:** 3 hours per week / 45 hours per semester
2. **Lab:**
3. **Other: Online Option:** Varies (students are EXPECTED to spend a minimum of 3 hours per week on the online HE 230 course site)  
3hrs/week 45 hours/semester

#### C. Credits

1. **Number:** 3
2. **Type:** Regular Degree Credits

#### D. Catalogue Course Description

This course introduces the fundamental aspects of human health issues, such as nutrition, alcohol abuse, health-related physical fitness, stress management and self-esteem maintenance, through classroom discussion and health related projects. The course provides information and practical suggestions for achieving a suitable level of health. English Placement Level: EN 093/094 (Offered Fall and Spring)

#### E. Degree or Certificate Requirements Met by Course

A passing grade of a "C" or higher in this course fulfills the core Health requirement for all NMC degrees except Nursing and BS in Elementary Education.

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### F. Course Activities and Design

**Face to Face Option:** Course activities include lectures, small-group and class discussions, homework assignments, self-evaluation test, viewing and discussing relevant videotaped programs, listening to and reacting to guest speakers, keeping various charts/logs, periodic quizzes, a health project, and a final exam. Students are required to participate fully in class discussions, read and discuss textbook assignments, and complete other course assignments.

**Online Option:** This course option is being taught using a Distance Learning Format (online) Internet based Instruction. Each Student will be required to access the Internet to participate as a student in this class. There will be many different learning activities provided each week (chapter readings, assignments to be submitted thru the online class site, discussion forums etc.). Students are responsible for keeping up with the assignments on a weekly basis and adhering to the designated due dates. As this course is offered online, distance learning format, students can complete weekly readings and assignments any time during the week; however, all readings and assignments need to be completed by the designated due date (ample time is given between assignments and managing your time is your responsibility). Assignment Due Dates are outlined in the Monthly Calendars as well as on the online class site. Projects, group interaction, and research are all designed to stimulate discussion and learning, and provide skills in preventive health and decision making for lifestyle behavior changes.

### 4. Course Prerequisite(s); Concurrent Course Enrollment; Required English/Mathematics Placement Level(s)

Prerequisite: None

English Placement Level: EN 093/094

Mathematics Placement Level: None

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### 5. Estimated Cost of Course; Instructional Resources Needed

Cost to the Student: Tuition for a 3-credit course, student flat fee, and the cost of the textbook.

Cost to the College: Instructor's salary.

Instructional resources needed for this course include: laptop computer, various online programs (Elluminate, Yackpack, Breeze etc.), internet connection, web cam, microphone, powerpoint projector, various educational DVD's, and photocopying costs for hand-outs

### 6. Method of Evaluation

Students' grades will be based on the regular letter grade system as described below:

- A: Excellent – grade points: 4.0;
- B: Above average – grade points: 3.0;
- C: Average – grade points: 2.0;
- D: Below average– grade points: 1.0;
- F. Failure – grade points: 0.0.

NMC's grading and attendance policies will be followed.

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### 7. Course Outline

This is a topical outline and does not necessarily indicate the sequence in which the material will be presented.

- 1.0 Taking Charge of Your Health
  - 1.1 What is health?
  - 1.2 Choosing wellness
  - 1.3 Getting down to basics: How do you reach wellness?
  - 1.4 Being healthy for life
  - 1.5 Benefits of a positive health lifestyle
- 2.0 Exercise for Health and Fitness
  - 2.1 What is physical fitness and why is it important?
  - 2.2 Why is exercise so good?
  - 2.3 Designing your exercise and fitness program
  - 2.4 Getting started and keeping on track
- 3.0 Nutrition Facts and Fallacies
  - 3.1 Nutritional requirements: components of a healthy diet
  - 3.2 Nutritional guidelines: planning your diet
  - 3.3 A personal plan: making intelligent choices about food
- 4.0 Weight Management
  - 4.1 Lifestyle and weight
  - 4.2 Adopting a healthy lifestyle
  - 4.3 A closer look at body weight
  - 4.4 Program design considerations
  - 4.5 Overcoming a weight problem
  - 4.6 Eating disorders
- 5.0 Stress: The Constant Challenge
  - 5.1 What is stress?
  - 5.2 Stress and disease
  - 5.3 Techniques for managing stress
  - 5.4 Creating a personal plan for managing stress
- 6.0 Mental Health
  - 6.1 What mental health is not
  - 6.2 What mental health is
  - 6.3 Meeting life's challenges
  - 6.4 Psychological disorders
  - 6.5 Getting help

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- 7.0. Intimate Relationships
  - 7.1 Developing intimate relationships
  - 7.2 Pairing and singlehood
  - 7.3 Marriage
  - 7.4 Family life
- 8.0 Sexuality, Pregnancy, and Childbirth
  - 8.1 Sexual anatomy and hormones
  - 8.2 Sexual functioning
  - 8.3 Sexual behavior
  - 8.4 Understanding fertility
  - 8.5 Pregnancy
  - 8.6 Childbirth
- 9.0 Contraception and Abortion: Current Issues
  - 9.1 Principles of contraception
  - 9.2 Reversible contraceptives
  - 9.3 Permanent contraception - sterilization
  - 9.4 New methods of contraception
  - 9.5 What contraception method is right for you
  - 9.6 Abortion issue
- 10.0 Tobacco and Alcohol
  - 10.1 Why people use tobacco
  - 10.2 Health hazards
  - 10.3 The effects of smoking on the nonsmoker
  - 10.4 What can be done?
  - 10.5 How can a tobacco user quit?
  - 10.6 The nature of alcohol
  - 10.7 Alcohol and health
  - 10.8 Misuse of alcohol
- 11.0 The Use and Abuse of Psychoactive Drugs
  - 11.1 The drug tradition
  - 11.2 Use, abuse, and dependence
  - 11.3 How drugs affect the body
  - 11.4 Common psychoactive drugs
  - 11.5 Drug use: The decades ahead
- 12.0 Cardiovascular Disease and Cancer
  - 12.1. The cardiovascular system
  - 12.2 Risk factors for cardiovascular disease
  - 12.3 Protecting yourself from cardiovascular disease

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- 12.4 What is cancer?
- 12.5 Common cancers
- 12.6 What causes cancer?
- 12.7 Detecting, diagnosing, and treating cancer
- 12.8 Preventing cancer
  
- 13.0 Immunity and Infection
  - 13.1 The body's defense system
  - 13.2 The troublemakers: pathogens and diseases
  - 13.3 Sexually transmitted diseases
  - 13.4 What can you do?
  
- 14.0 The Challenge of Aging
  - 14.1 Generating vitality as you age
  - 14.2 Confronting the changes of aging
  - 14.3 Aging and life expectancy
  - 14.4 Life as a senior citizen in the CNMI
  
- 15.0 Environmental Health
  - 15.1 Classic Environmental health concerns
  - 15.2 Population growth
  - 15.3 Pollution
  - 15.4 Greenhouse effect and ozone layer damage
  - 15.5 What can you do?

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### 8. Instructional Goals

This course will introduce students to:

- 1.0 The six dimensions of health;
- 2.0 Common health concerns and issues locally and globally;
- 3.0 What is Stress and ways to successfully manage it ;
- 4.0 Principles of meaningful communication;
- 5.0 Components of a committed relationship and the responsibility that comes with being sexually active;
- 6.0 Various contraception methods, abortion procedures as well as pregnancy and childbirth;
- 7.0 Infectious and sexually transmitted diseases and ways to avoid exposure to them;
- 8.0 Components of a healthful diet and how to apply to one's own life;
- 9.0 Nutritional fact panels and labels on food packages and how they relate to the selecting of nutritional foods;
- 10.0 Roles of exercise and nutrition in weight management;
- 11.0 Basic components of physical fitness and the steps necessary to make it a part of your life;
- 12.0 Sources, effects and preventions of Alcohol, Psychoactive drugs and Tobacco use/abuse;
- 13.0 The use of an exercise log;
- 14.0 Cardiovascular disease and Cancer, major forms of, risk factors, preventions and treatments;
- 15.0 Aging process and ways to gracefully age; and
- 16.0 The role the environment plays in your health and well being.

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### 9. Student Learning Outcomes

Upon successful completion of this course, students will be able to:

- 1.0 Identify and explain the six dimensions of health;
- 2.0 Identify and explain common health concerns locally & globally;
- 3.0 Explain Stress and Stress Management techniques;
- 4.0 Identify the principles of meaningful communication;
- 5.0 Identify and explain components of a committed relationship and the responsibility that comes with being sexually active;
- 6.0 Describe various contraceptive methods, abortion procedures as well as pregnancy and childbirth concerns;
- 7.0 Explain infectious and sexually transmitted diseases and ways to avoid exposure to them;
- 8.0 Identify and explain components of a healthful diet and how to apply to one's own life;
- 9.0 Read and Interpret nutritional fact panels and labels on food packages and how they relate when selecting nutritional foods;
- 10.0 Explain the roles exercise and nutrition play in weight control;
- 11.0 Identify the basic components of physical fitness and become motivated to adopt a more physically active lifestyle;
- 12.0 Describe the sources, effects and preventions of alcohol, psychoactive drug and tobacco use/abuse;
- 13.0 Complete an exercise/physical activity log;
- 14.0 Explain the major forms, risk factors, preventions and treatments for cardiovascular diseases and cancer;
- 15.0 Describe the aging process and list ways to gracefully age; and
- 16.0 Explain how the environment affects one's health and well being.

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### 10. **Assessment Measures**

Assessment of student learning may include, but not be limited to, the following:

- 1.0 Quizzes and Exams;
- 2.0 Class Labs and projects;
- 3.0 Classroom discussions and participation; and
- 4.0 Homework/Assignments.