



# Syllabus

## HPE 212 - Health

### General Information

---

**Date** April 6th, 2023

**Department** Health Science and Human Performance

**Course Prefix** HPE

**Course Number** 212

**Course Title** Health

### Course Information

---

**Catalog Description** This course is intended for any student interested in the benefits of a healthy lifestyle obtained through behavior changes. The course focuses on behaviors and lifestyle factors that affect individual well-being and disease. Emphasis is placed on how physical, emotional, social, intellectual, environmental, spiritual, and occupational wellness relates to overall health. Students earn certification in child abuse identification and reporting.

**Credit Hours** 3

**Lecture Contact Hours** 3

**Lab Contact Hours** 0

**Other Contact Hours** 0

**Grading Scheme** Letter

### Prerequisites

---

None

### Co-requisites

---

None

### First Year Experience/Capstone Designation

---

**This course DOES NOT satisfy the outcomes applicable for status as a FYE or Capstone.**

## **SUNY General Education**

---

**This course is designated as satisfying a requirement in the following SUNY Gen Ed category**

None

## **FLCC Values**

---

**Institutional Learning Outcomes Addressed by the Course**

None

## **Course Learning Outcomes**

---

### **Course Learning Outcomes**

1. Identify fundamental concepts related to health and wellbeing.
2. Complete a lifestyle behavior change (e.g. Stop smoking, begin an exercise regime, integrate a healthier diet).
3. Obtain certification for the recognition and reporting of child abuse.
4. Apply connections between course concepts and personal experience.

## **Outline of Topics Covered**

---

- I. Taking Charge of Your Health
  - Dimensions of Wellness
  - Choosing wellness
  - Lifestyle Management for reaching wellness
- II. Stress: The Constant Challenge
  - Defining, sources, and managing stress
  - Stress and health
- III. Psychological Health
  - Defining Psychological health and disorders
  - Suicide signs and prevention
  - Models of change and getting psychological help
- IV. Nutrition Basics
  - Components of a healthy diet
  - Nutritional guidelines
  - Informed choices about food
- V. Exercise for Health and Fitness
  - Defining physical fitness and activity
  - Benefits of exercise
  - How to design, start, and continue an exercise program

## VI. Weight Management

- Concepts of weight management
- Body fat factors and issues
- Approaches to overcoming a weight problem
- Eating disorders
- Body image and determining a healthy weight

## VII. Intimate Relationships and Communication

- Developing relationships
- Communication
- Pairing, singlehood, marriage, and family life

## VIII. Sex, Pregnancy, and Childbirth

- Anatomy, hormones, and the reproductive cycle
- Understanding fertility, function, and behavior
- Pregnancy
- Childbirth

## IX. Contraception and Abortion

- Principles of contraception
- Reversible, permanent, and emergency contraceptive methods
- Choosing which method is right for you
- Understanding and methods of abortion
- Laws, debate, and physical and psychological effects of abortion

## X. Major STD's (Immunity and Infection)

- Education, diagnosis, and treatment of sexually transferred infections
- Understanding each major sexually transmitted infection and how to protect oneself

## XI. The Use and Abuse of Psychoactive Drugs

- Addiction and misuse of drugs
- How drugs affect the body
- Classifications and types of drugs

## XII. Alcohol and Tobacco

- The nature of alcohol
- Alcohol and health
- Excessive use of alcohol and how to get help
- Who uses tobacco and reasons why
- Health hazards of tobacco to the user and nonsmokers
- How to quit tobacco use

## XIII. Cardiovascular Disease and Cancer

- The cardiovascular system
- Risk factors and protection for CVD
- Major forms of CVD
- Defining cancer
- Causes, detection, diagnosis, and treatment of cancer
- Incidences of cancer
- Common cancers

## XIV. Child Abuse Recognition and Reporting

- Two hour child abuse prevention training

## XV. Immunity and Infection

- The body's immune defense system

- Spread of disease
- Types of pathogens and disease

#### XVI. Environmental Health

- Population growth, air quality, water quality, solid waste, chemical pollution, radiation, and noise pollution defined and addressed
- Solutions and actions for environmental wellness

#### XVII. Conventional and Complementary Medicine

- Self-care and professional care
- Conventional, complementary, and alternative medicine

#### XVIII. Personal Safety

- Differentiating intentional and unintentional injuries
- Types of injuries / injury prevention
- Providing emergency care

#### XIX. The Challenge of Aging

- Dealing with aging challenges
- Life enhancing measures
- What is death
- Planning and coping with death and loss
- Coming to terms with death