

General Education Course Proposal

Proposed Course: HS 90 Contemporary Health Issues **Units** 3
Prefix No. Title

Department: Health Science **School:** Health and Human Services

GE Category (Indicate one category only):

Foundation: A1___; A2___; A3___; B4___
Breadth: B1___; B2___; C1___; C2___; D___; E x
Integration: B___; C___; D___; International/Multicultural___

Existing Course x; **Revised Course** ___; **New Course** ___

Course Included in Current GE Program ___

New courses require the Undergraduate Course Proposal form in addition to this form.

Revised courses require the Undergraduate Course Change Request in addition to this form.

Proposed catalog description: Limit course description to 40 words using succinct phrases. Include prerequisites, limitations, lecture/lab hours. Indicate former course number, e.g., (Former Biol 105)

Significance of basic health problems applicable to the young adult and to society. General Education BREADTH, Division 4.

Enrollment limit per section: 50

Expected number of sections per semester – Year 1 8-10; **Year 3** 8-10

Attachments:

1. A statement presenting the ways in which this course meets the Specifications provided in the appropriate section of the General Education Policy as well as in the Policies for Inclusion and Evaluation of General Education Courses.
2. A statement of elements common to all sections of this course, identifying content, objectives, required student activities, grading policy, representative texts, and an approximate schedule for the course. Required student activities include such things as papers, research projects, homework, laboratory and/or studio performance, recitations, participation, attendance, and exams.
3. A typical syllabus for a particular offering of the course.
4. Any special cost factors associated with this course.

Approval for Inclusion in General Education

Anthony M. Alveda 4/3/98 [Signature] 8/2/98
Department Chair Date School Curriculum Committee Date

Kenneth J. Shipley 8-21-98 [Signature] 12/10/98
School Dean Date General Education Subcommittee Date

Brandt Kehoe 12/15/98
Associate Provost Date

Attachment #2 General Syllabus

Existing Course: H.S. 90, Contemporary Health Issues (3)
Department of Health Science
March, 1998

California State University, Fresno
Department of Health Science

Contemporary Health Issues
H.S. 90 (3 units)

Instructor	Phone
Office Location	E-mail
Office Hours	

Catalog Statement

Significance of basic health problems applicable to the young adult and to society.

Course Justification for General Education Area E

Contemporary life demands we make critical choices for ourselves regarding the manner in which we wish to conduct our lives and how we treat our environment. A person's state of health is, in most cases, the responsibility of the individual. However, it is vital to understand that not all of health outcomes can be selected. The course makes clear what health issues individuals can control and those they cannot. Life styles can be controlled while heredity, circumstances of the individuals' life, chance events, accidents, and beliefs are difficult or impossible to control. Also, the course emphasizes that individuals cannot control other people's health choices.

This course provides accurate, up-to-date, scientifically based knowledge and information about contemporary health issues. Included in these issues is information on exercise, stress, nutrition, weight management, relationships, contraception, HIV, drugs, alcohol, environmental, mental and emotional health, health provider information and death. Health behavior is a major component of the course, describing the interrelationship between the physical being, the psychological being, and the individual as a social being. This interrelationship is encompassed within the World Health Organization, which defines health as a state of complete physical, mental, and social well-being, not the mere absence of disease or infirmity. In order to reach this state of health, it is necessary to understand that with knowledge individuals can minimize the amount of professional health care needed during their lives by "taking charge of their health" from an early age.

General Education

This course meets General Education requirements in division E, Lifelong Understanding and Self Development. There are no prerequisites for this course

Textbook

Name: *Healthy Decisions*

Authors: Clint E. Bruess and Glenn E. Richardson

Publishers: Brown and Benchmark

Course Description

This course explores the many health issues that affect contemporary society. The course will provide the opportunity for students to analyze their feelings regarding health. This analysis encompasses the individual's values and belief systems and an opportunity to analyze his or her health behavior. Students will also learn methods of addressing health problems/issues and the means of promoting health in the community. Topics covered in the course include mental health, stress, relationships, human sexuality, nutrition and fitness, addictions, infectious and noninfectious diseases, environmental health, consumerism, and violence.

Goals

The basic goals for the course are:

1. To provide students with an understanding of the interrelationship between psychological, physical and social factors that contribute to healthy lives.
2. To provide students with accurate, up-to-date information about health issues that they can apply the knowledge throughout their lives.
3. To provide students with the understanding that they, are responsible for their health and in some circumstances, are able to mitigate those conditions that are not completely controllable.

Course Objectives

At the end of the course the student will:

1. Understand the importance of health and the primary contributors to good and poor health.
2. Understand how human behavior affects healthy outcomes.
3. Have developed an understanding of how people of all backgrounds, ages, and ethnic make up relate to health and the health care system.
4. Have analyzed their health behavior and will have developed strategies to change health behaviors that are detrimental.
5. Understand the “price we pay” for the health choices other people make.
6. Have achieved an understanding of the complexities of the health care system as well as methods and techniques to best utilize it.

Course Content

Part I Making Healthy Decisions

1. Health Behavior and Health Decisions
2. Stress Management and Mental Health

Part II Nutrition, Physical Activity, and Weight

3. Nutrition: Health Food Choice
4. Physical Activity
5. Weight Control and Eating Disorders

Part III Sexuality

6. Sexuality and Human Relationships
7. Sexual Response and Behavior
8. Conception and Birth and Their Control

Part IV Substance Use and Abuse

9. Psychoactive Drugs
10. Alcohol
11. Tobacco

Part V Disease

12. Communicable Diseases
13. Cardiovascular, Cancer and other Chronic Disease

Part VI - Aging

14. Aging, Death, and Dying

Part VII Community Health

15. Environmental Health
16. Health Care Systems
17. Consumer Decisions

The order and emphasis of the course content will vary at the discretion of the instructor.

Assignments

Assignments will vary at the discretion of the instructor. (examples follow)

1. Homework assignments
 - a. Complete a Health Assessment (pg 17).
 - b. Complete a Life-Style Analysis (pg 18).
 - c. Keep a personal stress diary for three days.
 - d. Complete the Health Assessment on alcohol on pages 218-219.
 - e. Prepare an advanced directive for your self.
2. The class will be divided into groups and will be responsible for developing a presentation on a health issue. Each student will be graded separately according to a set of criteria which will be handed out in class.

Course requirements and grading system

1. Mandatory requirement: The University General Education policy states that each breath course will have a 2,000 word writing requirement. Each student will be required to meet this writing requirement. The specific method for meeting this requirement will be determined by the individual instructor.
2. Examinations corresponding to the text, lectures, and other assignments.

3. Each instructor will include in the syllabus the specific requirements and the points or system they will use to determine the student's grade. They will also describe how the final grades will be calculated.
4. Fairness in grading: Once the course has concluded, students will not be allowed additional work or be allowed to revise previous assignments in order to improve a final grade. Individual students will not be allowed to do extra credit, revise, or complete additional work to improve scores on examinations or assignments.

General Information

Included will be the following; (Class policy will vary with instructor)

1. Attendance Policy

Each student is expected to attend class regularly. Information in missed classes is not the responsibility of the instructor. It is advised that students make arraignments with someone in class to provide you with information that you missed.

2. Late Paper Policy

10 points will be subtracted for late papers. Papers will not be accepted if they are more than a week late. If you have medical emergency please attach a statement from the physician.

3. Cheating and Plagiarism

See page 484 of the *General Catalog* for the specific university policy. You will be held responsible for the policy and can be tested on it during an examination.

4. Students with Disabilities

Students with disabilities that would need assistance, please inform the instructor so arrangements can be made to accommodate your needs.

5. Missed Examinations

Missed examinations must be made up during finals week.

Note: Information in the course rational and description is referenced to *Core Concepts for Health* and *Healthy Decisions*. These two textbooks are widely used at other universities throughout the nation and provide the philosophical base for this course. Paul M. Insel and Walton T. Roth and *Healthy Decision for Health*, by Clint Bruess and Glenn Richardson.

Attachment #3 Syllabus

Existing Course: H.S. 90, Contemporary Health Issues (3)
Department of Health Science
March, 1998

California State University, Fresno
Department of Health Science

Contemporary Health Issues
H.S. 90 (3 units)

Dr. Ron Schultz
Office SR2 room 19
Office hours M 12:00-2:00
Th 11:00-2:00

Phone (209) 278-5090
E-mail rschultz@csufresno.edu

Catalog Statement

Significance of basic health problems applicable to the young adult and to society.

Course Rational

Contemporary life demands we make critical choices for ourselves regarding the manner in which we wish to conduct our lives and how we treat our environment. A person's state of health is, in most cases, the responsibility of the individual. However, it is vital to understand that not all of health outcomes can be selected. The course makes clear what health issues individuals can control and those they cannot. Life styles can be controlled while heredity, circumstances of the individuals' life, chance events, accidents, and beliefs are difficult or impossible to control. Also, the course emphasizes that individuals cannot control other peoples health choices.

This course provides accurate, up-to-date, scientifically based knowledge and information about contemporary health issues. Included in these issues is information on exercise, stress, nutrition, weight management, relationships, contraception, HIV, drugs, alcohol, environmental, mental and emotional health, health provider information and death. Health behavior is a major component of the course, describing the interrelationship between the physical being, the psychological being, and the individual as a social being. This interrelationship is encompassed within the World Health Organization, which defines health as a state of complete physical, mental, and social well-being, not the mere absence of disease or infirmity. In order to reach this state of health, it is necessary to understand that with knowledge individuals can minimize the amount of professional health care needed during their lives by "taking charge of their health" from an early age.

General Education

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Textbook

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Goals

The basic goals for the course are:

1. To provide students with an understanding of the interrelationship between psychological, physical and social factors that contribute to a healthy lives.
2. To provide students with accurate, up-to-date information about health issues they can apply the knowledge throughout their lives.
3. To provide students with the understanding that they are responsible in large part for their health and, in some circumstances, able to mitigate those conditions that are not completely controllable.

Course Objectives

At the end of the course the student will:

1. Understand the importance of health and the primary contributors to good and poor health.
2. Understand how human behavior affects healthy outcomes.
3. Have developed an understanding of how people of all backgrounds, ages, and ethnic make up relate to health and the health care system.
4. Have analyzed their health behavior and will have developed strategies to change health behaviors that are detrimental.
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6. Sexuality and Human Relationships
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Part IV Substance Use and Abuse

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Part V Disease

12. Communicable Diseases
13. Cardiovascular, Cancer and other Chronic Disease

Part VI Aging

14. Aging, Death, and Dying

Part VII Community Health

15. Environmental Health
16. Health Care Systems
17. Consumer Decisions

Course requirements, assignments and grading system

1. Homework assignments (each assignment is a maximum of 10 points)
 - a. Complete a Health Assessment (pg 17).
 - b. Complete a Life-Style Analysis (pg 18).
 - c. Keep a personal stress diary for three days.
 - d. Complete the Health Assessment on alcohol on pages 218-219.
 - e. Prepare an advanced directive for your self.
2. The class will be divided into groups and will be responsible for developing a presentation on a health issue. Each student will be graded separately according to a set of criteria which will be handed out in class. (30 points each)
3. Mandatory requirement: The University General Education policy states that each breath course will have a 2,000 word writing requirement. Each student will be required to complete two written papers of a 1,000 words each on a health topic of their choice. The papers must be typed and edited using the APA format. (100 points each)
4. There will be four examinations corresponding to the text, lectures, and other assignments for the specific sections. (50 points each)
5. Fairness in grading: Once the course has concluded, students will not be allowed additional work or be allowed to revise previous assignments in order to improve a final grade. Individual students will not be allowed to do extra credit, revise, or complete additional work to improve scores on examinations or assignments.

6. Grade system

	<u>Total Points</u>
Homework Assignments (5)	50 points
Papers (2)	200 points
Presentations (1)	30 points
Examinations (4)	200 points
Total Possible Points	480 points

7. Calculation of final grade is based on total points with the following breakdown:

<u>Percent of Total Points</u>	<u>Grade</u>
100%-90% 480-432	A
89%-80% 431-384	B
79%-70% 383-336	C
69%-60% 335-288	D
59% 287	F

General Information

Included will be the following;

1. Attendance Policy

Each student is expected to attend class regularly. Information in missed classes is not the responsibility of the instructor. It is advised that students make arraignments with someone in class to provide you with information that you missed.

2. Late Paper Policy

10 points will be subtracted for late papers. Papers will not be accepted if they are more than a week late. If you have medical emergency please attach a statement from the physician. **Your death notice will do nicely.**

3. Cheating and Plagiarism

See page 484 of the *General Catalog* for the specific university policy. You will be held

responsible for the policy and can be tested on it during an examination.

4. Students with Disabilities

Students with disabilities that would need assistance, please inform the instructor so arrangements can be made to accommodate your needs.

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