DATE OF LAST REVIEW: 02/2013
CIP CODE: 24.0101
SEMESTER: Departmental Syllabus
COURSE TITLE: Personal School and Community Health
COURSE NUMBER: EXSC0205
CREDIT HOURS: 3
INSTRUCTOR: Departmental Syllabus
OFFICE LOCATION: Departmental Syllabus
OFFICE HOURS: Departmental Syllabus
TELEPHONE: Departmental Syllabus
EMAIL: Departmental Syllabus

KCKCC issued email accounts are the official means for electronically communicating with our students.

PREREQUISITES: None

REQUIRED TEXT AND MATERIALS: Please check with the KCKCC bookstore, http://www.kckccbookstore.com/ for the required texts for your particular class.

COURSE DESCRIPTION: Scientific and well-balanced information concerning, school, family, and community health is presented. The emphasis is on the application of fundamental principles of health for traditional and non-traditional students. Nutrition, stress, exercise, AIDS, cancer, smoking, drugs, aging and the environment are key issues.

METHOD OF INSTRUCTION: A variety of instructional methods may be used depending on content area. These include but are not limited to: lecture, multimedia, cooperative/collaborative learning, labs and demonstrations, projects and
presentations, speeches, debates, and panels, conferencing, learning experiences, and performances outside the classroom. Methodology will be selected to best meet student needs.

COURSE OUTLINE:

I. Taking Charge of Your Life
II. A Healthy Mind
III. Stress Management
IV. Psychological Problems
   A. Anxiety disorders
   B. Depression
V. Nutrition
   A. Six essential nutrients
   B. Fiber
   C. Fast foods
   D. Diets
   E. Weight management
VI. Fitness
   A. Flexibility
   B. Strength
   C. Endurance
   D. Exercise programs
VII. Sexuality
   A. Relationships
   B. Sexual identity
   C. Reproductive choices
VIII. Addictions
   A. Drugs
   B. Alcohol
   C. Tobacco
IX. Health Wise Consumer
   A. Vital signs
   B. Health care
   C. Health insurance
X. Infectious Diseases and Immune System
XI. Cardiovascular Disease
XII. Major Illnesses
    A. Cancer
    B. STD’s
    C. Diabetes
    D. Arthritis
E. Skin disorders

XIII. Safety
   A. Accidents
   B. On the road
   C. At home
   D. At work
   E. Sexual victimization
   F. Domestic violence

XIV. Environmental Health
XV. When Life Ends

EXPECTED STUDENT OUTCOMES:

A. The student will be able to complete a portfolio of health issues.
B. The student will be able to become aware of who is in charge of their health.
C. The student will be able to develop strategies of coping with stress.
D. The student will be able to know how to recognize mental health problems and where to get help.
E. The student will be able to know the consequences of poor nutritional habits.
F. The student will be able to understand the benefits of exercise.
G. The student will be able to understand human sexuality and the consequences of risky sexual behavior.
H. The student will be able to become aware of how vulnerable they could become to addictions.
I. The student will be able to know how to become a health wise consumer.
J. The student will be able to learn about infectious diseases and how to bolster the immune system against diseases.
K. The student will be able to understand cardiovascular disease and how to lower their risk.
L. The student will be able to understand major illnesses such as cancer.
M. The student will be able to practice good environmental health.
N. The student will be able to learn about the grieving process and old age.

COURSE COMPETENCIES:

The student will be able to complete a portfolio of health issues
1. The student will be able to recognize areas of their health where changes can be made and will change behavior.

The student will be able to become aware of who is in charge of their health
2. The student will be able to explain psychology in relation to one’s health and wellness.

The student will be able to develop strategies of coping with stress.
3. The student will be able to identify areas of stress.
The student will be able to know how to recognize mental health problems and where to get help.

4. The student will be able to identify anxiety disorders.
5. The student will be able to identify the characteristics of depression.
6. The student will be able to identify measures to treat depression.
7. The student will be able to identify elements of an emotionally healthy individual.

The student will be able to know the consequences of poor nutritional habits.

8. The student will be able to examine their diet and nutrition and will practice good choices on food, diet and nutrition.
9. The student will be able to understand why fiber is important to their diet.
10. The student will be able to identify foods which are high in fiber.
11. The student will be able to identify the six essential nutrients.
12. The student will be able to understand the fat and sodium content of fast food.
13. The student will be able to understand good and poor choices at fast food restaurants.
14. The student will be able to analyze fad diets.
15. The student will be able to understand why dieting does not work.
16. The student will be able to explain the proper means of weight management.

The student will be able to understand the benefits of exercise.

17. The student will be able to demonstrate his/her fitness level and practice changes in exercise, improve cardiovascular endurance, strength, flexibility, and body composition.
18. The student will be able to name the components of fitness.
19. The student will be able to explain why flexibility is important to fitness.
20. The student will be able to describe proper ways to develop flexibility.
21. The student will be able to explain strength and its importance to a fitness program.
22. The student will be able to describe proper methods of strength training.
23. The student will be able to design an exercise program.

The student will be able to understand human sexuality and the consequences of risky sexual behavior.

24. The student will be able to interpret responsible sexuality and will examine the AIDS virus, hepatitis, and other transmitted diseases.
25. The student will be able to review sexuality.
26. The student will be able to evaluate relationships as they relate to our health.
27. The student will be able to discuss sexual issues.
28. The student will be able to discuss reproductive choices.
29. The student will be able to discuss STD’s.

The student will be able to become aware of how vulnerable they could become to addictions.
30. The student will be able to inventory different addictions.
31. The student will be able to distinguish different classes of drugs.
32. The student will be able to describe health consequences of drugs.
33. The student will be able to evaluate health consequences of tobacco.
34. The student evaluate health consequences of alcohol.

The student will be able to know how to become a health wise consumer.
35. The student will be able to illustrate the application of a health wise consumer.
36. The student will be able to discuss health insurance.

The student will be able to learn about infectious diseases and how to bolster the immune system against diseases.
37. The student will be able to demonstrate how to take vital signs.
38. The student will be able to discuss infectious diseases.

The student will be able to understand cardiovascular disease and how to lower their risk
39. The student will be able to explain cardiovascular disease.
40. The student will be able to interpret their risks of cardiovascular disease and cancer.

The student will be able to understand major illnesses such as cancer.
41. The student will be able to explain cancer.
42. The student will be able to interpret their risks of cancer.
43. The student will be able to describe diabetes.
44. The student will be able to describe arthritis.
45. The student will be able to describe skin disorders

The student will be able to practice good environmental health
46. The student will be able to evaluate their safety practices: at home, at work, on the road..
47. The student will be able to analyze our environmental health and develop a plan to practice ways to improve it.

The student will be able to learn about the grieving process and old age
48. The student will be able to discuss the aging process.
49. The student will be able to discuss death and preparation of death.

ASSESSMENT OF LEARNER OUTCOMES: Student progress is evaluated by means that include, but are not limited to, exams, written assignments, and class participation.

NOTE: This syllabus is subject to change at the discretion of the instructor. Material included is intended to provide an outline of the course and rules that the instructor will adhere to in evaluating the
student’s progress. However, this syllabus is not intended to be a legal contract. Questions regarding the syllabus are welcome any time.

Kansas City Kansas Community College is committed to an appreciation of diversity with respect for the differences among the diverse groups comprising our students, faculty, and staff that is free of bigotry and discrimination. Kansas City Kansas Community College is committed to providing a multicultural education and environment that reflects and respects diversity and that seeks to increase understanding.

Kansas City Kansas Community College offers equal educational opportunity to all students as well as serving as an equal opportunity employer for all personnel. Various laws, including Title IX of the Educational Amendments of 1972, require the college’s policy on non-discrimination be administered without regard to race, color, age, sex, religion, national origin, physical handicap, or veteran status and that such policy be made known.

Kansas City Kansas Community College complies with the Americans with Disabilities Act. If you need accommodations due to a documented disability, please contact the Director of Academic Resource Center, in Rm. 3354 or call at: 288-7670.