

# HOCKING COLLEGE COURSE OUTLINE

COURSE NO. HLTH 148 COURSE NAME Health & Wellness for the College Student

CREDIT HOURS 1 CLASS HOURS 1 LAB HOURS 0

DATE March 2009 PREPARED BY Melvina Brandau RN, MS

TO BE UPDATED 3/2010 APPROVED BY \_\_\_\_\_  
Dean/Associate Dean

## PREREQUISITES

None.

## COURSE DESCRIPTION

An introductory course to health promotion and wellness maintenance throughout adulthood. Provides a basic knowledge of health and health promotion and encourages application of healthy behaviors. Identification of concepts and skills that are essential to maintaining a healthy lifestyle are addressed and learners are directed to resources that will continue to enhance their knowledge of health and wellness. Injuries and illnesses that are common to the college student are specifically addressed. Written communication skills, web research and evaluation, and self-reflection are practiced. The following Hocking College Success Skills are addressed in this course: Communicates Effectively, Demonstrates Learning and Critical Thinking Skills, Maintains Professional Skills and Attitudes, Demonstrates Community, Cultural and Global Awareness, Demonstrates Knowledge of Science and the Environment.

## COURSE LEARNING OUTCOMES

**Upon completion of this course, the learner is able to do the following:**

1. List and describe frequently reported issues affecting academic performance in American college students.
2. Explore the 6 dimensions of wellness.
3. Identify and examine factors that positively and negatively affect physical health.
4. Describe common mental health disorders and identify prevention and treatment options.
5. Perform self-assessment assignments as a tool for beginning the process of self-awareness in the areas of personal physical, cognitive, and mental health.
6. Identify common sexual disorders and discuss ways to promote sexual health.
7. Discuss the relationship between the environment and health.
8. Determine the effects of violence and drug and alcohol abuse on health.
9. Explore concepts of prevention.
10. Identify resources outside of the classroom that will enhance health knowledge.

## **COURSE MATERIALS**

### **Textbooks: (Required)**

Edlin, G. & Golanty, E. (2007). *For your health: A study guide and self-assessment and workbook*, (9<sup>th</sup> Ed.). Sudbury, MA: Jones and Bartlett Publishers.

### **Textbooks: (Optional)**

Edlin, G. & Golanty, E. (2007). *Health and wellness*, (9<sup>th</sup> Ed.). Sudbury, MA: Jones and Bartlett Publishers.

### **Packets and Able Books: (None)**

## **SAFETY PRACTICES**

Students in the School of Health and Nursing are expected to be constantly aware of practices and measures that are essential to protect the safety and well being of patients and students.

## **TOPICAL OUTLINE (Class and Lab)**

### **Week 1: INTRODUCTION TO HEALTH AND WELLNESS**

Explore concepts of health and wellness. List and describe the 6 dimensions of wellness. Begin discussion of the learner's personal responsibility for a healthy lifestyle; complete self-assessments to determine personal knowledge of health and individual level of wellness. Identify common health issues faced by college students.

### **Week 2: PHYSICAL HEALTH AND NUTRITION**

Identify and examine factors that positively/negatively affect physical health and wellness. Concepts related to nutrition are explored.

### **Week 3: PHYSICAL HEALTH AND EXERCISE**

Identify and examine factors related to exercise and the maintenance of physical health through an active lifestyle.

### **Week 4: MENTAL HEALTH**

Describe common mental health disorders and identify prevention and treatment options. Identify risk factors and warning signs.

### **Week 5: SEXUAL HEALTH**

Identify common sexual disorders and discuss ways to promote sexual health and encourage positive sexual attitudes.

### **Week 6: VIOLENCE**

Determine the effects of violence on health. Factors contributing to violence and accidents will be explored. Identification and prevention of these problems will also be discussed.

**Week 7: SUBSTANCE ABUSE**

Issues related to drug and alcohol abuse and misuse will be examined. Identification and prevention of these problems will be discussed.

**Week 8: INFECTION PREVENTION**

Identify lifestyle changes that can be incorporated on an individual basis, to improve one's current state of wellness and prevent new infections. Identify methods for preventing common ailments/infections.

**Week 9: WELLNESS AND THE ENVIRONMENT**

Discuss the relationship between the environment and health. Identify ways we can improve the environment to save our health and our world. This unit will primarily focus on issues related to pollution, recycling, and "Go Green" efforts.

**Week 10: SUMMARY AND COURSE WRAP-UP**

This unit will assist the learner in synthesizing the information acquired throughout the course. Students will present final plan for personal health maintenance.

**Teaching Methods**

Asynchronous discussions  
Independent activities  
Assigned Readings  
Audio/visuals  
Internet research

**USE OF CELL PHONES OR OTHER ELECTRONIC DEVICES**

The use of cell phones during classes and labs is a disrespectful distraction to your instructor and other classmates. *Please turn your cell phone and other electronic devices off while you are in class/lab.* In emergency situations, please discuss limited use of a cell phone with your instructor prior to the class during which you would like to use your cell phone.

**STUDENT INSURANCE/COVERAGE**

Hocking College insurance does not cover a student in case of an accident or illness. Students are responsible for providing their own health and accident insurance. The Hocking College Health Center provides information on a student health insurance plan. Please see the Health Center (JL 241) for information on costs, coverage, and how to enroll in the plan.

## **DISABILITIES NOTICE**

If you have been diagnosed with a disability that impacts your academic success, please immediately contact the Access Center, Office of Disability Services in JL 249 regarding accommodations.

## **INSTRUCTOR OFFICE HOURS**

Instructor office hours are posted on the bulletin board outside the **Nursing Offices, Davidson Hall, Room 217**. Please schedule an appointment if any difficulties arise. You may contact the instructor in person, by phone, or email.

**Melvina Brandau RN, MS**

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**Email: brandau\_m@hocking.edu**

# HOCKING COLLEGE EVALUATION OF THE LEARNER

COURSE NO. HLTH 148 COURSE NAME HEALTH & WELLNESS FOR THE COLLEGE  
STUDENT

INSTRUCTOR(S) MELVINA BRANDAU RN, MS

DATE PREPARED March 2009

APPROVED BY \_\_\_\_\_  
Dean/Associate Dean

The purpose of evaluation is to indicate to the extent to which the student has learned the topics. Evaluation in this course will depend on the student's efforts in completing the requirements. Evaluation is utilized as a learning tool. Questions are designed to stimulate though recall and application. Time permitting the tests will be reviewed to provide feedback. Students should be aware of their standing throughout the course. Any questions or concerns should be discussed with the instructor immediately.

## SPECIFIC FACTORS

### 1. EXAMINATIONS AND QUIZZES

- None

### 2. PROJECTS/HOMEWORK AND SUCCESS SKILLS AND/OR SERVICE LEARNING AND CIVIC RESPONSIBILITY ASSIGNMENTS

- Three (3) self-assessments will be required during this course. Each self-assessment will count for 10 points of your final grade.
- There will be six (6) discussion forums in this course. Each discussion is worth 10 points toward your final grade.
- Six (6) independent activities will be required for submission during this course. Each activity will count for 10 points of your final grade.
- Students will complete a lifestyle improvement plan that will count for 50 pts of the final grade.
- The assignments must be completed and turned in by Sunday (11:59pm) of the assigned week. 2 pts will be deducted for each day the assignment is late and assignments will NOT be accepted after 5 days late.
- Partial points may be awarded if assignments are incomplete or assignment may be handed back to student to be redone. Resubmitted work must be completed within one week or the student will receive no points for the assignment.

### 3. ATTENDANCE

Attendance in the online discussions is asynchronous (does not require scheduled time), but participation is required.

### 4. CLASS PARTICIPATION

Participation is crucial in this web-based course as discussion questions count for 1/3 of the course grade. It is the student's responsibility to contact the facilitator if an emergency arises that does not allow for timely completion of assignments

### 5. EXTRA PROJECTS

There will be NO extra projects for this course.

### 6. GRADING SCALE

The grading scale is as follows:

92% – 100% = A

86% – 91% = B

82% – 85% = C

Below 82% = F

There will be no rounding of final grade averages in any grade range.

For example: 81.99999... = F; and 85.92% = C

### 7. POLICY REGARDING HONESTY

Honesty and integrity are major elements in professional behavior and are expected of each student. This is part of the Success Skill "Maintains a Code of Ethics." All work is assumed to be your own unless special permission is granted from the instructor or sources are appropriately cited. It is expected that you will be honest in all endeavors related to the completion of this course, just as you must be in all activities at work.

The definition of academic misconduct that is provided in the *Hocking College Student Guide* applies to this course and all other courses that you are taking at the College. It is a Code I Offense:

A. **Academic Misconduct** refers to dishonesty in examination (cheating); presenting the ideas or writing of someone else as one's own (plagiarism); knowingly furnishing false information to the college by forgery, alteration, or misuse of college documents, records or identification. Academic dishonesty includes but is not limited to:

1. Permitting another student to plagiarize or cheat from your work,
2. Submitting an academic exercise, written work, project, or computer program that has been prepared totally or in part by another,

3. Improperly acquiring knowledge of the contents of an exam,
4. Using unauthorized material during an exam, to include notes, information, calculators, or other electronic devices or programs during exams or for assignments from which they have been expressly or implicitly prohibited,
5. Submitting the same paper in two different courses without knowledge and consent of all faculty members involved,
6. Obtaining academic material through stealing or other unauthorized means,
7. Falsification of research findings and methodology.

Academic Misconduct is unacceptable behavior in all Hocking College courses. A student observed or found to be engaged in academic misconduct on a test or assignment in this course will receive a zero on that test or assignment. A written report of the incident, signed by the instructor and the student, will be submitted to the Campus Judiciaries Office. The Office of Campus Judiciaries will conduct a judicial proceeding with the accused student, resulting in a finding of “In Violation” or “Not In Violation” of the Hocking College Code of Conduct. The outcome of the judicial process will not be used to modify or validate the specific consequence as decided by the individual faculty/program or academic unit, but may be used to determine future *Judicial consequences*, in demonstrating a pattern of behavior on the part of the student.

Further information pertaining to Academic Misconduct can be found by contacting the Office of Campus Judiciaries, Oakley 210, or by referring to the *Student Code of Conduct* found on the Hocking College website ([www.hocking.edu](http://www.hocking.edu)).

## **8. FINAL GRADE CALCULATION**

All assignment points will be added together and divided by the total number of possible points (200) for the course to calculate the final grade.

## **9. ACADEMIC GRADE APPEAL PROCESS**

Academic grade appeals consist of complaints from students concerning final grades given. The Appeals Process is available only for final grades not for an individually graded assignment. When a student believes that his or her academic performance has been unfairly or improperly graded, the first recourse will be communication with the faculty member in an attempt to resolve the complaint. A student appeal of a final grade must be formally initiated within one term of the grade being posted. Students should understand that the burden of proof will be theirs to demonstrate.

## **10. STUDENT GRIEVANCE DUE PROCESS PROCEDURES**

Due process procedures for the College are located in the current *Student Code of Conduct* listed as Hocking College Student Grievance Procedures available online under the current student link on the Hocking College website.

**11. DISABILITIES NOTICE**

If you have been diagnosed with a disability that impacts your academic success, please immediately contact the Access Center, Office of Disability Services in JL 249 regarding accommodations.