

# COURSE SYLLABUS

<b>LAST REVIEW</b>	Spring 2021
<b>COURSE TITLE</b>	Personal School and Community Health
<b>COURSE NUMBER</b>	EXSC-0205
<b>DIVISION</b>	Math, Science, Business & Technology
<b>DEPARTMENT</b>	Exercise Science
<b>CIP CODE</b>	24.0101
<b>CREDIT HOURS</b>	3
<b>CONTACT HOURS/WEEK</b>	Class: 3
<b>PREREQUISITES</b>	None
<b>COURSE PLACEMENT</b>	None

## 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.

## KANSAS SYSTEMWIDE TRANSFER: HSC1020

The learning outcomes and competencies detailed in this course outline or syllabus meet or exceed the learning outcomes and competencies specified by the Kansas Core Outcomes Groups project for this course as approved by the Kansas Board of Regents.

## PROGRAM LEARNING OUTCOMES

1. The student will be able to analyze and implement an appropriate assessment of client to determine their exercise needs.
2. The student will be able to discuss the importance of exercise science as it relates to enhancing and recognizing health and fitness activities, sports, and athletic performance.
3. The student will be able to recognize incorrect lifting technique and develop a plan for error correction.

## TEXTBOOKS

<http://kckccbookstore.com/>

## **METHODS 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, panels, conferencing, performances, and learning experiences 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

### **COURSE LEARNING OUTCOMES**

Upon successful completion of this course,:

1. The student will be able to gather, analyze, and utilize information to make decisions that promote personal and community health and wellness.
2. The student will be able to differentiate between dimensions of wellness as they apply to overall health.
3. The student will be able to demonstrate the knowledge and skills for developing personal responsibilities in health choices and quality of life.
4. The student will be able to recognize the importance of demographic diversity as it applies to health and wellness issues.
5. The student will be able to know the consequences of poor nutritional habits.
6. The student will be able to understand the benefits of exercise.
7. The student will be able to learn about infectious diseases and how to bolster the immune system against diseases.

### **ASSESSMENT OF COURSE LEARNING OUTCOMES**

Student progress is evaluated through both formative and summative assessment methods. Specific details may be found in the instructor's course information document.

### **COLLEGE POLICIES AND PROCEDURES**

*Student Handbook*

<https://www.kckcc.edu/files/docs/student-resources/student-handbook-and-code-of-conduct.pdf>

*College Catalog*

<https://www.kckcc.edu/academics/catalog/index.html>

*College Policies and Statements*

<https://www.kckcc.edu/about/policies-statements/index.html>

*Accessibility and Accommodations*

<https://www.kckcc.edu/academics/resources/student-accessibility-support-services/index.html>.