



Course Outline

Health Issues - HKIN 252

University Studies, Human Kinetics Program; Fitness and Exercise Leadership Program

Administrative Information:

Campus: Cranbrook
Phone: 1-877-489-2687
Revised: June 2006

Author:

Department Head:

Dean of Instruction:

**The Implementation Date
for this Outline is:**
September 2006

Program: University Studies, Human Kinetics Program, Fitness and Exercise Leadership Program,

Days and times: On-line

Instructor: Sandi Lavery, BPE, MPE, PFLC

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Location: Cranbrook Campus

Required text(s): Dontalle, R.J., Davis, L.G., Munroe, C.G., Munroe, A. (2003). *Health The Basics* (3rd Canadian Edition.). Allyn & Bacon.

GENERAL COURSE DESCRIPTION:

This course helps identify and address contemporary lifestyles, associated behaviors, and major health concerns. Techniques and strategies used to make positive lifestyle changes are studied and discussed in addition to the responsibility of the consumer.

RELATIONSHIP TO COLLEGE PROGRAM

Health Issues is a University Transfer course in the Human Kinetics Program and is a required course for the Fitness and Exercise Leadership Program.

Prerequisites: HKIN 152 Recommended

Co requisites: HKIN 152

Prior Learning Assessment:

Learners may request formal recognition for prior learning, i.e. course credit, at the College of the Rockies. However, students should be aware that a PLA designation will appear on their transcript and the course may not then be acceptable for transfer purposes. Students should check with the receiving institution before deciding to exercise this option.

College credit 3 Credits

Transfer Credit:

For transfers within British Columbia institutions, please visit <http://www.bctransferguide.ca>

For professional associations, please visit each professional association website to determine transfer credits.

LEARNING OUTCOMES:

University Studies at the College of the Rockies allow students to complete their first two years of study towards a university degree. College students gain academic knowledge and skills in their chosen subjects. They also cover general problem-solving and critical thinking skills. The combination can empower them to participate as educated citizens in the economic, political, and cultural life of their communities.

Upon the successful completion of this course, you should be able to:

- examine health issues relevant to contemporary lifestyles, fitness and personal career goals.
 - understand the implications of harmful habits and addictions, as well as overcoming and implementing prevention programs.
 - critically analyze and use a decision making process to assist in healthy lifestyle choices.
 - critically think and use consumer skills in the health and fitness community and marketplace.
 - use a variety of research skills for development of a consumer report in the investigation of a specific health problem.
 - present and report on a specific health service/program that assists in healthy lifestyles.
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CORE ABILITIES DEVELOPED IN THIS COURSE:

This course should help you:

- use written and oral communication skills effectively, employing methods appropriate to message and context.
 - think clearly and critically, fusing experience, knowledge and reasoning into considered judgment.
 - identify, interpret, and solve problems, effectively implementing and evaluating proposed strategies.
 - make generalizations (transfer knowledge and training to new situations).
 - identify the impact of solutions on resources.
 - critically evaluate information for accuracy, relevance and importance.
 - make decisions in a constructive manner.
 - respect the opinions and differences of others.
 - work energetically and persistently.
 - use technology to find information and learn.
 - increase awareness of the community services and programs associated with promoting a healthy lifestyle.
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COURSE WORK:

- Where:** HKIN 252 is offered at the Cranbrook campus, College of the Rockies. Students will attend 3 hours per week of lecture and class discussion.
- How:** All material will be delivered on-line. Examinations will be face-to-face at the Cranbrook Campus or by special arrangements with a proctor. The material will be presented in lecture/theory, small group work, discussion and student presentations. Students are encouraged to fully participate in all sessions.
- What:** Students will study various health issues relevant to contemporary lifestyles. In addition, students will choose a health concern and investigate the social services available to assist an individual with this health concern.
- Resources:** Dontalle, R.J., Davis, L.G., Munroe, A.J., and Munroe, A. *Health the Basics*. Allyn & Bacon (3rd Canadian Edition.).

EVALUATION AND ASSESSMENT:	% of total grade
1. Unit I Examination	20%
2. Unit II Examination	20%
3. Participation/Quizzes	10%
4. Assignment: Report on Personal Health	15%
5. Assignment: Consumer Issues in Health	15%
6. Final Examination (Unit III & Consumer Reports)	<u>20%</u>
Total	100%

EXAM POLICY:

Students must attend all required scheduled exams that make up a final grade, at the appointed time and place.

Individual instructors may accommodate for illness or personal crisis. Additional accommodation will not be made unless a written request is sent to and approved by the appropriate Department Head prior to the scheduled exam.

Any student who misses a scheduled exam without approval will be given a grade of "0" for the exam.

PLAGIARISM POLICY:

Plagiarism – using the oral or written words and ideas of others without proper acknowledgment – is an academic offense. Because plagiarism is a form of academic misconduct, students found guilty face serious consequences. Students who are unsure of what constitutes plagiarism are advised to consult with an instructor or to refer to section 2.4.4 in the College Policy Manual.

Mark (Percent)	>90	85 - 89	80- 84	76 - 79	72 - 75	68 - 71	64 - 67	60 - 63	55 - 59	50 - 54	< 49
Grade	A+	A	A-	B+	B	B-	C+	C	C-	D	F

A grade of "D" grants credit, but may not be sufficient as a prerequisite for sequential courses.

COURSE UNITS:

Unit I: Introduction to Health: Finding the Right Balance and Consumerism
Unit II: Creating and Building Healthy Lifestyles and Relationships
Unit III: Preventing Unhealthy Lifestyles, and Facing Life's Challenges

UNIT OUTLINES

UNIT I: Introduction to Health: Finding the Right Balance and Consumerism

Chapter 1. Promoting Healthy Behavior Change.

- What Is Health?
- Gender Differences and Health Status.
- Improving Your Health.
- Preparing for Behavior Change.
- Behavior Change Techniques.
- Making Behavior Change.
- Taking Charge: Managing Your Behavior-Change Strategies.

Chapter 2. Psychosocial Health: Achieving Mental, Emotional, Social, and Spiritual Wellness.

- Defining Psychosocial Health.
- Factors Influencing Psychosocial Health.
- Enhancing Psychosocial Health.
- When Things Go Wrong. Suicide: Giving Up on Life.
- Seeking Professional Help.
- Taking Charge: Managing Your Psychosocial Health.

Chapter 16. Consumerism: Utilizing Health-Care Products and Services.

Making Informed Health Care Choices.
Choices of Medical Care.
Promises and Problems of Our Health-Care System.
Taking Charge: Managing Your Health-Care Needs.

Chapter 3. Managing Stress: Toward Prevention and Control.

What is Stress?
The General Adaptation Syndrome.
Sources of Stress.
Stress and the University Student.
Stress Management.
Taking Charge: Managing Stress Behaviors.

Chapter 4. Violence and Abuse: Societal Challenges.

Violence in Canada.
Violence Against Women.
Sexual Victimization.
Preventing Personal Assaults.
Taking Charge: Managing Campus Safety.

UNIT II: Creating and Building Healthy Lifestyles and Relationships

Chapter 5. Healthy Relationships and Sexuality: Making Commitments.

Characteristics of Intimate Relationships.
Forming Intimate Relationships.
Gender Issues.
Barriers to Intimacy.
Committed Relationships.
Success in Committed Relationships.
Staying Single.
Having Children.
Ending a Relationship.
Defining Your Sexual Identity.
Reproductive Anatomy and Physiology.
Expressing Your Sexuality.
Difficulties That Can Hinder Sexual Functioning.
Taking Charge: Building Better Relationships.

Chapter 6. Birth Control, Pregnancy, and Childbirth: Managing Your Fertility.

- Methods of Fertility Control.
- Abortion.
- Planning a Pregnancy.
- Pregnancy.
- Childbirth.
- Infertility.
- Taking Charge: Managing Your Fertility.

Chapter 7. Nutrition: Eating for Optimum Health.

- Healthy Eating.
- Obtaining Essential Nutrients.
- Vegetarianism: Eating for Health.
- Improved Eating for the University Student.
- Food Safety: Increasing Concerns.
- Taking Charge: Managing Your Nutrition.

Chapter 8. Managing Your Weight: Finding a Healthy Balance.

- Body Image.
- Risk Factors for Obesity.
- Managing Your Weight.
- Eating Disorders.
- Taking Charge: Managing Your Weight.

Chapter 9. Personal Fitness: Improving Your Health Through Exercise.

- Benefits of Physical Fitness.
- Improving Cardiovascular Endurance.
- Improving Flexibility.
- Improving Muscular Strength and Endurance.
- Fitness Injuries.
- Taking Charge: Managing Your Fitness Behaviors.
- Planning Your Fitness Program.

Chapter 12. Cardiovascular Disease and Cancer: Reducing Your Risks.

- Cardiovascular Diseases.
- Understanding Your Cardiovascular System.
- Types of Cardiovascular Disease.
- Controlling Your Risks for Cardiovascular Diseases.
- Women and Cardiovascular Disease.
- New Weapons Against Heart Disease.
- An Overview of Cancer.
- What Causes Cancer?
- Types of Cancer.
- Facing Cancer.
- Taking Charge: Managing Your Health.

UNIT III: Preventing Unhealthy Lifestyles, and Facing Life's Challenges.

Chapter 10. Licit and Illicit Drug Use: Understanding Addictions.

Defining Addiction.
Drug Dynamics.
Drug Use, Abuse, and Interactions.
Prescription Drugs.
Over-the-Counter (OTC) Drugs.
Illicit Drugs.
Controlled Substances. Taking Charge: Managing Drug Use Behavior.

Chapter 11. Alcohol, Tobacco, and Caffeine: Unacknowledged Addictions.

Alcohol: An Overview.
Physiological and Behavioral Effects of Alcohol.
Alcoholism.
Recovery.
Smoking.
Tobacco and Its Effects.
Smoking— A Learned Behavior.
Financing the Health Costs of Smoking.
Health Hazards of Smoking.
Smokeless Tobacco.
Environmental Tobacco Smoke.
Quitting.
Caffeine.
Taking Charge: Managing Alcohol, Tobacco, and Caffeine.

Chapter 13. Infectious and Noninfectious Conditions: Risks and Responsibilities.

Infectious Disease Risk Factors.
The Pathogens: Routes of Invasion.
Your Body's Defenses: Keeping You Well.
Sexually Transmitted Infections.
Acquired Immune Deficiency Syndrome (AIDS).
Noninfectious Diseases.
Respiratory Disorders.
Neurological Disorders.
Sex-Related Disorders.
Digestion-Related Disorders.
Musculoskeletal Diseases.
Other Maladies. Taking Charge: Managing Your Disease Risks.

Chapter 14. Life's Transitions: The Aging Process.

Redefining Aging.
Who Are the Elderly?
Trends.
Theories on Aging.
Changes in the Body and Mind.
Health Challenges of the Elderly.
Understanding Death and Dying.
The Process of Dying.
Taking Care of Business.
Life-and-Death Decision Making.
Taking Charge: The Living Will.

Chapter 15. Environmental Health: Thinking Globally, Acting Locally.

Overpopulation.
Air Pollution.
Water Pollution.
Noise Pollution.
Land Pollution.
Radiation.
Taking Charge: Managing Environmental Pollution.
Food Quality.

SPECIAL NEEDS:

Any student who feels that s/he may need accommodation for any type of disability is encouraged to contact the [Access Education/Student Services Centre \(489-8243, or 1-877-489-2687 local 243\)](#).

Access Education may be contacted for the following needs:

- Tutorial support through peer tutoring
 - Specific services for Aboriginal students
 - Agency support and liaison
 - Personal concerns that may interfere with academic success or college adjustment
 - The Writing Lab
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COURSE/PROGRAM COSTS:

The tuition fees and any other fees such as student union fees for this course/program are determined by the fee structure for University Studies, Career Technical, or Vocational programs/course. For details of current tuition fees, please check current College of the Rockies Program Guide and/or our website at www.cotr.bc.ca/registration under Fees and Refunds.

Please note that some programs/courses require students to pay equipment/lab fees; check specific programs for details.

College of the Rockies reserves the right to change fees without notice.

Please visit the College Bookstore at www.cotr.bc.ca/bookstore to view the list of textbooks and other learning materials or tools required for the course.

FOR FURTHER INFORMATION:

You can contact your instructor: Sandi Lavery, 250-489-2751 local 421; E-mail lavery@cotr.bc.ca

Department Head: Sharon Richardson, 250-489-2751 local 416; E-mail: richardson@cotr.bc.ca

Dean: Dr. Ardy Smith Miller, 250-489-2751, local 219, E-mail smithmiller@cotr.bc.ca

COURSE CHANGES:

Information contained in this course outline is correct at the time of publication. Content of the courses is revised on an ongoing basis to ensure relevance to changing educational, employment and marketing needs. The instructor will endeavour to provide notice of changes to students as soon as possible. The instructor reserves the right to add or delete material from courses. The timetable may also be revised.