

Bergen Community College
Division of Health Professions
Department of Wellness/Exercise Science

Course Syllabus

WEX 185 Contemporary Health Issues

Basic Information about Course and Instructor

Course Title: **Contemporary Health Issues**

Semester/Year

Meeting Times and Location:

Instructor:

Department Office:

Office Phone:

Office Hours:

Email:

COURSE DESCRIPTION

Contemporary Health Issues addresses the health issues students face, including psychological and spiritual health, violence prevention, drug abuse, sexuality, reproductive choices and body image. This course emphasizes contemporary lifestyle issues and how they can be modified to enhance a positive well-being for overall health and wellness.

3 lecture, 3 credit

Prerequisites: None

STUDENT LEARNING OUTCOMES:

As a result of meeting the requirements in this course, students will be able to:

1. Analyze contemporary health issues through an invitation to health.
2. Identify psychological, spiritual well-being, sleep health and ways to care for your mind.
3. Identify stress management.
4. Analyze personal nutrition, ways to manage your weight and improve physical activity and fitness.
5. Explore personal sexuality, reproductive choices and lowering your risk of sexually transmitted infections.
6. Define Alcohol, Addictions and Tobacco
7. Identify Consumer Health and A Lifetime of Health

STUDENT LEARNING OUTCOMES AND MEANS OF ASSESSMENT

Student Learning Outcomes	Suggested Means of Assessment
1. Analyze contemporary health issues through an invitation to health.	Students will be able to analyze in writing and verbally contemporary health issues.

2. Identify psychological, spiritual well-being, sleep health and ways to care for your mind.	Students will be able to identify through class discussion and written assessments the psychological, spiritual well-being, sleep health and ways to care for your mind.
3. Analyze ways to reduce and improve stress management techniques.	Students will analyze through self-assessments and group discussions ways to reduce and improve stress management techniques.
4. Analyze personal nutrition, ways to manage your weight and improve physical activity and fitness.	Students will analyze their personal nutrition physical activity through daily logs, written assessments and group discussions.
5. Explore personal sexuality, reproductive choices and lowering your risk of sexually transmitted infections	Students will explore through self and group discussion personal sexuality, reproductive choices ways to lower your risk of sexually transmitted infections
6. Define Alcohol, Addictions and Tobacco	Students will be able to define in writing the impacts of alcohol, addictions and tobacco.
7. Identify Consumer Health and A Lifetime of Health	Students will be able to identify in writing and verbally consumer health.

COURSE CONTENT

A. Course Orientation	<ol style="list-style-type: none"> 1. Procedures & requirements. 2. Structure of course: Lecture/laboratory components. 3. Evaluation of methods: exams, tests, quizzes, and writing assignment(s), reading assignment(s). 4. Facilities available: gymnasium, fitness center, natatorium, tennis courts, track, fields, locker rooms. 5. Department offerings: courses, intramural athletics, clubs, intercollegiate athletics.
B. An Invitation to Health	<ol style="list-style-type: none"> 1. Health and wellness. 2. The dimensions of health. 3. Current health status of Americans and on campuses. 4. Young Americans at risk 5. Health habits that form and impact future health. 6. Influences on behavior that support or impede healthy change. 7. Stages of changes in health

<p>C. Psychological, Spiritual Well-Being, Sleep Health and Caring for your Mind</p>	<ol style="list-style-type: none"> 1. Lessons of Positive Psychology 2. Feeling in Control and developing autonomy. 3. Spiritual and Physical Health 4. Sleepless habits and the impact on health 5. Mental health and Mental Disorder 6. Mental Health in America and on Campus 7. Depressive and Anxiety Disorders. 8. Obsessive-Compulsive Disorder and Attention-Deficit 9. Factors that lead to suicide and suicide in America and on Campus. 10. Overcoming Problems of the Mind
<p>D. Stress Management</p>	<ol style="list-style-type: none"> 1. What is stress and what causes stress 2. Dysfunctional Relationships and emotional abuse 3. Partnering across the Life Span and transitioning to adulthood. 4. Family Ties, diversity within families and unmarried parents
<p>E. Personal Nutrition Managing your weight</p>	<ol style="list-style-type: none"> 1. The recommendations of the 2015–2020 Dietary Guidelines for Americans. 2. The six categories of essential nutrients 3. Building Healthy Eating Patterns, Ethnic Cuisines, Campus Cuisine, Fast Food. 4. Taking Charge of What You Eat 5. Food Safety, Food Poisoning 6. The Global Epidemic 7. Body image, Weight and the college student, Healthy weight 8. Obesity Paradox 9. Practical Guide to Weight Loss 10. Eating Disorders
<p>F. Physical Activity and Fitness</p>	<ol style="list-style-type: none"> 1. The relationship between the dimensions of health and physical fitness. 2. The health risks of inactivity and the need for physical exercise. 3. Current physical activity recommendations. 4. The overload, FITT, and reversibility principles of exercise. 5. Cardiovascular fitness, muscular fitness, static and dynamic flexibility. 6. The benefits of mind-body approaches to physical fitness and wellness. 7. The causes of exercise-related problems.

<p>G. Personal Sexuality, Reproductive Choices and lowering your Risk of Sexually Transmitted Infections</p>	<ol style="list-style-type: none"> 1. Sexuality and the Dimensions of health 2. Becoming Male or Female 3. Women's and Men's Sexual health 4. Responsible Sexuality, Creating Healthy Relationships, Saying No to Sex 5. Sexual Behavior and Sex in America 6. Sexual Diversity and Sexual Activity 7. Reproductive Responsibility, Conception, Abstinence and Sexual Activity 8. Birth Control in the United States 9. Fertility awareness, Pregnancy 10. Sexually Transmitted Infections and Diseases and the ABCs of Safer Sex 11. HIV and AIDS
<p>G. Alcohol, Addictions and Tobacco</p>	<ol style="list-style-type: none"> 1. Understanding Alcohol, Smoking and Addictions 2. Drinking, Smoking and Addictions in America and on Campus 3. The Impact of Alcohol, Smoking and Addictions on the Body 4. Alcohol and Tobacco Related disorders 5. Common Drugs and Their Effects 6. Substance Abuse and Treating Substance Abuse
<p>H. Consumer Health and A Lifetime of Health</p>	<ol style="list-style-type: none"> 1. Quality Health Care and becoming a savvy health-care consumer 2. Personalizing your health care and your medical rights 3. The Health Care System 4. Successful Aging and the Aging brain 5. It's never too late to exercise 6. Men and Women at midlife

PROCEDURES, TECHNIQUES & METHODS

- Lecture, discussion, demonstration & preparation
- Personal evaluation from laboratory experience
- Audio visual materials
- Handout materials

Special Features of the Course

- The use of learning technologies in the course will include powerpoint, youtube, worldwide web and moodle to include web enhanced features.
- The layout of this course will consist of weekly powerpoints. Powerpoint presentations will include online resources such as the worldwide web and youtube to enhance learning topics.
- All lecture material and handouts will be available through moodle. Students can login to moodle with their Bergen credentials and have access to all available information. Information will become available every Sunday.

COURSE TEXTS AND/OR OTHER STUDY MATERIALS

- A. Hales, D., An Invitation to Health, 18th Edition. Cengage Learning (MindTap).
- B. Printed materials and in class hand-outs.

Alternative textbooks or resources can be used by individual faculty with permission of the wellness discipline textbook committee. The Faculty Senate "Policy on the Selection of Texts and Other Instructional Materials," states that "individual faculty members and/or departments should strive to select texts, whenever possible, that are most affordable for students."

GRADING POLICY

The final grade for the course is based on the student's performance on the required work for the course (writing assignments, quizzes, class presentations, etc.) and on his or her mastery of the material covered in the course. A student's participation may also be evaluated in the final grade.

- A. Attendance and In-Class Participation 20%
 - i. There are 3 allowed absences through the course of the semester.
 - ii. Each absence that is not excused with proper documentation after the allowed 3 absences will amount to 5-point deduction for each. Excusable and documented absences are illness, death in the family, car accident.
 - iii. Any late arrival or early leave to class will result in a 2.5 point deduction (therefore 2 lates or early leaves = 5 points).
- B. Homework/Quizzes 10%
 - i. Homework is assigned in class
 - ii. Late homework will not be accepted
- C. Exams 60%
 - a. There are 3 Exams
 - i. If the student is absent on the day of the exam it is their responsibility to contact the professor for a make-up.
 - ii. All exams must be made up a maximum of 7 days after the exam was given. Failure to do so will result in a zero of the exam.
- D. Presentation 10%
 - a. Students will give an oral presentation (solo, in pairs or in groups).
 - b. The presentation must be 15 minutes in length
 - c. All used materials for the presentation must be cited and handed in to the professor
 - d. Each student will be given a presentation date. An absence on that date must be considered an excusable absence and have documentation in order to make up the presentation.
 - e. No presentations will be made up without proper documentation.

BCC Attendance Policy:

All students are expected to attend punctually every scheduled meeting of each course in which they are registered. Attendance and lateness policies and sanctions are to be determined by the instructor for each section of each course. These will be established in writing on the individual course outline. Attendance will be kept by the instructor for administrative and counseling purposes.

Attendance Policy in this Course:

There are 3 allowed absences. Any class missed after 3 will result in a 5-point deduction. Other points may be deducted for in class assignments missed. Every late or early leave will result in a deduction of 2.5 points. Classes cannot be made up. Absences can be excused with proper documentation.

Other College, Divisional, and/or Departmental Policy Statements

Statement on Americans with Disabilities Act (ADA): Bergen Community College has adopted an internal grievance procedure providing for prompt and equitable resolution of complaints alleging any action prohibited by federal regulations implementing section 504 of the Rehabilitation Act of 1973, as amended, and the Americans with Disabilities Act of 1990 (ADA). Section 504 and ADA state, in part, that "no qualified individual with a disability, by reason of such disability, be excluded from participation in or be denied benefits of the services, programs, or activities of a public entity, or be subjected to discrimination by any such entity." Complaints should be addressed to the Manager of Training and Compliance, Office of the Executive Vice President, Room A – 330, (201) 612-5331, who has been designated to coordinate 504/ADA compliance efforts (BCC Student Handbook, 2003, page 42).

Sexual Harassment Statement: Bergen Community College is committed to providing its students and employees with an academic and work environment free from sexual harassment or discrimination. Sexual harassment in any form constitutes prohibited, unprofessional, and unacceptable conduct, and is a violation of Title VII of the Civil Rights Act of 1964 and 1990, as amended, Title IX of the Education Amendments of 1972, The New Jersey Law Against Discrimination, established case law, and State policies. The policy applies to all persons. Administrators, faculty, staff, and students are all covered (BCC Catalog, 2006-7, page 59). See catalog for complete details.

Student and Faculty Support Services

The Office of Specialized Services	Room S-131	201-612-5270 www.bergen.edu/oss ossinfo@bergen.edu
The Sidney Silverman Library	Room L-226	Main Building, Pitkin Education Center, L-wing, 2nd Floor. Paramus Library Hours: (201) 447-7131 or visit http://www.bergen.edu/library/calendar/gcal.htm Paramus Service Desk: (201) 447-7970 Meadowlands Location: 1280 Wall Street, Lyndhurst 2nd Floor Meadowlands Library Hours: http://www.bergen.edu/library/calendar/gcal.htm Meadowlands Service Desk: (201) 301-9692 www.bergen.edu/library
The Distance Learning Office-for any problems you may have accessing your online courses	Room C-334	201-612-5581 psimms@bergen.edu
Testing Center	Room S-127	(201) 447-7202

Course Calendar

Week(s)	Date(s) Fall/Spring	Topics/Activities/Assignments
1	September	Introduction, Syllabus, Course Calendar
1-2	September	<i>Topic:</i> Chapter 1: Invitation to Health <i>Activities and Assignments:</i> Class discussions, Worksheets, Handouts, Chapter Assignments
3	September	Quiz 1 <i>Topic:</i> Psychological, Spiritual Well-Being, Sleep Health and Caring for your Mind <i>Activities and Assignments:</i> Class discussions, Worksheets, Handouts, Chapter Assignments
4	October	Quiz 2 Topic Stress Management

		Activities and Assignments: Class discussions, Worksheets, Handouts, Chapter Assignments
5	October	Exam 1/Presentation Distribution
6-7	October	<i>Topic:</i> Personal Nutrition Managing your weight <i>Activities and Assignments:</i> Class discussions, Worksheets, Handouts, Chapter Assignments
7-8	October	<i>Topic:</i> Physical Activity and Fitness <i>Activities and Assignments:</i> Class discussions, Worksheets, Handouts, Chapter Assignments
9	October	Exam 2-
10	November	<i>Topic:</i> Personal Sexuality, Reproductive Choices and lowering your Risk of Sexually Transmitted Infections <i>Activities and Assignments:</i> Class discussions, Worksheets, Handouts, Chapter Assignments
11	November	<i>Topics:</i> Alcohol, Addictions and Tobacco <i>Activities and Assignments:</i> Class discussions, Worksheets, Handouts, Chapter Assignments
12	November	<i>Topics:</i> Consumer Health and A Lifetime of Health <i>Activities and Assignments:</i> Class discussions, Worksheets, Handouts, Chapter Assignments
13	December	Exam 3
14-15	December	Presentations

*The course syllabus is a tentative outline and is subject to change. Assignments and the total points accumulated by the end of the semester may change depending on the material covered. These changes will become known to all students in advance.