

General Studies 2015-16 Course Review

Health 250

I. Course Description: Health 250 Introduction to Health (3 hrs.)

Knowledge and attitudes concerning one's personal health; a study of major health problems with emphasis on mental health and current health problems of our society. Not open to health education majors or minors.

II. Student Learning Outcome:

Self and Cultural Awareness: Upon completion of the General Studies Program at WLU, students will reflect objectively on the human condition through investigation, appreciation, and evaluation of the products, perceptions, expressions, and interrelationships of various cultures.

Self-awareness-students are exposed to a wide variety of aspects that affect the human condition. They are being instructed on many health issues that will affect them now and as adults. For example, mental health. The students investigate the causes and result of stress, loneliness, depression, etc., evaluate and reflect on their own strengths and weaknesses, and construct plans for the future.

Another example is that the state of fitness and the obesity rate in this country is well known. It is a goal of these classes that students acquire an appreciation for their physical and mental well-being through a fitness and diet plan they design to meet their individual needs now and throughout adulthood.

III. Course Assessment:

The following are examples of the assessments used throughout the course:

1. Accessing your health-Chapter one is about accessing your health. Answer the following questions in a one page paper. Refer to Chapter 1 of your health book.

Note: Double space/ Font 12/ Times New Roman

- a. (Step 1) Increase Your Awareness. What obstacles do you wish to overcome in regards to your health? You might have several aspects of your health that you wish to change. List the positives and negatives of your health.
 - b. (Step 2) Contemplate Change. Examine your current health habits. Identify how long has this habit been going on? How often? What are the consequences if this behavior continues? Who else is involved in the behavior?
 - c. (Step 3) Prepare for Change. Set a realistic goal by using the SMART system. What barriers do you think you will face?
 - d. (Step 4) Take Action to Change. Your health book lists several ways of behavior change strategy. Which strategy or strategies do you think you will use? (Visualization, countering, controlling the situation, changing your self-talk, rewarding yourself, and journaling). Why will this strategy work for you?
 - e. Grading Rubric (40 points possible) 10 pts-Length/Writing: One page writing assignment; 20 pts.-Content: Answering the four steps; 10 pts.-Spelling/Grammar: Correct
2. Assignment Instruction: How stressed are you? College lifestyle can be tough and stressful....let's try to lower some of the stress in your life!
 - a. Assess yourself using the worksheet for Week 2-1 Stress (found under RESOURCES). Fill out the worksheet to answer the following questions below.
 - b. Interpret your scores. What are your overall scores/results?
 - c. Which area do you excel in (biggest strength)?
 - d. Which area needs work (lowest scores)?
 - e. What can you do to improve the two lowest areas that are most stressful?

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- f. What is the cause of stress for you?
 - g. Name at least two areas on pp. 80-86 that are highlighted in orange that cause you stress. Be specific.
 - h. Based on your answer in #2, name at least 2 recommendations for managing stress on pp. 86-94 that are highlighted in orange you think would be most beneficial for you and explain why? Be specific.
3. Assignment Instructions: Eating Healthy! The college lifestyle can become very busy! Let make some healthy food choices! Keep track of what you eat for five days, then answer fill out the worksheet appropriately. Please attach the completed worksheet when you submit your assignment. (Go to RESOURCES [left hand column] and find the Week 4 EATING HEALTHY Worksheet. Fill out the worksheet to answer the questions below).
- a. Does your diet have proportionality? Refer to 1A on your worksheet.
 - b. Are you getting enough fat soluble vitamins? Refer to 2A on worksheet.
 - c. Are you getting enough water-soluble vitamins? Refer to 2B on your worksheet.
 - d. Read the following article on High Fructose Corn Syrup and complete the attached review form: <http://www.globalhealingcenter.com/natural-health/high-fructose-corn-syrup-dangers/>
 - e. Post your thoughts about the article on Forum High Fructose Corn Syrup. You must respond to one other classmates post.
4. Create your own fitness program (see attachment)

IV. Course Delivery and Consistency:

The class is currently only being offered online, and no matter who teaches the course, the content stays the same. The class follows the protocol established by the Center of Student Success for diverse students.

V. Course Syllabi and Documents: submitted via LiveText

VI. Comments

This class also addresses the other student learning outcomes in the following ways:

1. Communication: Upon completion of the General Studies Program at WLU, students will communicate with clarity, coherence, and persuasiveness. Students are required to do the following: write papers, review articles, respond to questions on Sakai through forums, blogs etc.
2. Analytical Skills: Upon completion of the General Studies Program at WLU, students will apply appropriate concepts and methods to analyze, evaluate, and interpret information or texts, implementing suitable strategies to solve problems or relate analyses as appropriate.
3. Students are required to analyze their current status in several health areas, (mental health, alcohol consumption, diet, fitness, etc.), evaluate their responses, and interpret and plan for the future correcting their areas of concern in each area.