

MINNESOTA WEST COMMUNITY & TECHNICAL COLLEGE

COURSE OUTLINE

DEPARTMENT: Health COURSE NUMBER: 1101 NUMBER OF CREDITS: 3

COURSE TITLE: Personal Wellness

CATALOG DESCRIPTION:

Focuses on individual wellness from a holistic perspective. Surveys personal health concerns within each of the five human health dimensions – physical, social, intellectual, emotional, and spiritual. Emphasizes the knowledge, attitudes, and behaviors of a positive lifestyle. Designed for anyone interested in enhancing his/her well-being. Often a required component of programs in health, human service, and education careers. Required of all Minnesota West A.A. degree candidates.

AUDIENCE: Anyone

FULLFILLS MN TRANSFER CURRICULUM AREA(S):

None (However, this course is required for the AA degree.)

PREREQUISITES OR NECESSARY ENTRY SKILLS/KNOWLEDGE: None

LENGTH OF COURSE: 16 weeks (one semester/3 hours per week/48 total class hours)

THIS COURSE IS USUALLY OFFERED:

 every other year X fall X spring X summer (*on demand*) undetermined

INSTITUTIONAL COURSE GOALS/THEMES:

Four goals are emphasized in courses at Minnesota West Community & Technical College:

- 1) **ACADEMIC CONTENT:** *This course will help students improve their knowledge-base in the area of personal wellness through ...*
 - a) exposure to the continually updated academic material of this course both in the classroom and via out-of-class assignments. (See "Topics To Be Covered" section.)
 - b) planned learning activities designed to facilitate student academic outcomes. (See "Expected Student Learning Outcomes" section.)
- 2) **THINKING SKILLS:** *This course will help you (the student) improve the effectiveness of your thinking skills through:*
 - a) small group activities, discussions, and individual assignments that utilize self-evaluation techniques, values clarification activities, critical thinking skills, and decision-making models.
 - b) a curricular emphasis (i.e. recurring theme) on health consumerism, and support by the text.
 - c) (Also see academic objectives #4, #5, #6, and #8).
- 3) **COMMUNICATION SKILLS:** *This course will help you (the student) improve your oral and written communication skills through:*
 - a) initial course structuring, student practice, and instructor feedback on written assignments and oral presentations.
 - b) guided discussions and small group activities.

- 4) **HUMAN DIVERSITY:** *This course will help you (the student) to recognize, understand and appreciate human diversity through:*
- a) the fostering of a classroom socio-emotional climate that is sensitive, respectful, and "safe" for the exploration of diversity issues as they relate to health.
 - b) routinely presenting multiple perspectives on health issues, extending the invitation to share opinions, and recognizing the impact of cumulative experiences in shaping perspectives.
 - c) (See also academic objective #9).

TOPICS TO BE COVERED: Information from each of the **bolded, Roman-numeral** sections below will be covered. You will have some degree of choice in the selection of subtopics to be emphasized.

I. (W)holistic Health and Wellness Defined

- A) Dimensions of Individual Health/Systems
- B) Health Behaviors
- C) Health Through Time (Life Cycles/Stages)
 - 1) Prenatal/Infant/Child Development
 - 2) Adolescent/Young Adult Development
 - 3) Family/Parenting/ and Middle Age
 - 4) Aging
 - 5) Dying and Death

II. Mind-Body Connections

- A) Physical Anatomy/Subtle Anatomy
- B) Stress
- C) Relaxation, Restoration, and Sleep

III. Intellectual Health

- A) Multiple Intelligences
- B) The Thinking Process
- C) Choicemaking and Problem-Solving
- D) Safety/Risk Management

IV. Affective Health

- A) Emotional Wellness
- B) Attitudinal Wellness
- C) Values and Valuing

V. Spiritual Health

- A) Spirituality and Religion
- B) Spiritual Wellness

VI. Physical Health

- A) Food/Nutrition/Diet
- B) Movement and Exercise
- C) Body Composition Management
- D) Drugs
 - 1) Drug Pharmacology
 - 2) "Medicinal" (Over-the-Counter and Prescription) Drugs/Herbal Remedies
 - 3) Nicotine
 - 4) Alcohol
 - 5) Other Psychoactive Drugs

VII. Social Health

- A) Interpersonal Communication
- B) Relationship Ecosystems
- C) Sexuality and Intimate Relationships
- D) Violence
- E) Environmental Health

VIII. Illness/Disease/Un-Wellness

- A) Heredity and Illness
- B) Immunity
- C) Infectious Diseases (including sexually transmitted infections)
- D) Lifestyle and Illness
 - 1) Cancer
 - 2) Cardiovascular Disease
 - 3) Other Chronic Conditions

IX. Health Helpers

- A) Health-Related Information Sources, Professions, and Agencies
- B) Self-Care
- C) The Illness Care (Medical) System
- D) Health-Related Consumerism

LIST OF EXPECTED COURSE OUTCOMES:

- 1) See discussion of "Course Goals/Themes" above.
- 2) See "Expected Student Learning Outcomes" section below.

LEARNING/TEACHING TECHNIQUES used in this course are:

- | | |
|--------------------------------------------------------------------------------|----------------------------------------------------------|
| <input checked="" type="checkbox"/> Collaborative Learning | <input checked="" type="checkbox"/> Problem Solving |
| <input checked="" type="checkbox"/> Student Presentations | <input checked="" type="checkbox"/> Interactive Lectures |
| <input checked="" type="checkbox"/> Creative Projects | <input type="checkbox"/> Individual Coaching |
| <input checked="" type="checkbox"/> Lecture | <input checked="" type="checkbox"/> Films/Videos/Slides |
| <input type="checkbox"/> Demonstrations | <input type="checkbox"/> Lab |
| <input checked="" type="checkbox"/> Other <u>(Some D2L course web-support)</u> | |

ASSIGNMENTS AND ASSESSMENTS FOR THIS CLASS INCLUDE:

- | | | |
|-------------------------------------------------------------------------------------|-----------------------------------------------------------------|---------------------------------------------------------|
| <input checked="" type="checkbox"/> Reading | <input checked="" type="checkbox"/> Tests (some may be on-line) | <input checked="" type="checkbox"/> Individual Projects |
| <input checked="" type="checkbox"/> Oral Presentations | <input checked="" type="checkbox"/> Worksheets | <input type="checkbox"/> Collaborative Projects |
| <input type="checkbox"/> Textbook Problems | <input type="checkbox"/> Papers | <input type="checkbox"/> Writing Portfolio |
| <input type="checkbox"/> Group Problems | <input type="checkbox"/> Term Paper | <input type="checkbox"/> Art Portfolio |
| <input checked="" type="checkbox"/> Other <u>(Health Behavior Change Portfolio)</u> | | |

EXPECTED LEARNING OUTCOMES: *The academic objectives of this course are that the student will be able to ...*

1. Become familiar with the basic concepts and terminology in the field of personal health and wellness.
2. Become aware of the holistic nature of his/her own health with its physical, social, intellectual, affective, and spiritual dimensions.
3. Appreciate the interconnectedness of his/her own health to the environment and the health of others.
4. Evaluate his/her own current level of health.

5. Explore and acknowledge the profound impact of lifestyle and the illness/disease consequences of poor health choicemaking.
6. Identify sources of health information and critically evaluate the accuracy, quality, and reliability of health-related data.
7. Explore the health-related activities of several types of health agencies and health professionals and investigate the availability, delivery, and cost of their services.
8. Broaden his/her health decision-making capabilities and wellness skills.
9. Become sensitive to the diversity of attitudes, values, beliefs, and practices surrounding the processes of individual wellness and seek to eradicate bias and prejudice related to the personal health choicemaking of others.
10. Explore selected areas of concern/controversy in the personal health field and, in doing so, appreciate the pervasiveness and complexity of contemporary health issues.
11. Come to esteem his/her wellness as a lifelong value worth pursuing.
12. Become motivated to proactively and responsibly engage in improving his/her own personal well-being and to respectfully promote well-being in others.
13. Identify and implement at least one personally relevant and practical wellness strategy.

To receive reasonable accommodations for a documented disability, please contact the campus Student Services Advisor or campus Disability Coordinator as arrangements must be made in advance. In addition, students are encouraged to notify their instructor.

Veteran Services: Minnesota West is dedicated to assisting veterans and eligible family members in achieving their educational goals efficiently. Active duty and reserve/guard military members should advise their instructor of all regularly scheduled military appointments and duties that conflict with scheduled course requirements. Instructors will make every effort to work with the student to identify adjusted timelines. If you are a veteran, please contact the Minnesota West Veterans Service Office.

This document is available in alternative formats to individuals with disabilities by contacting the Student Services Advisor or by calling 800-658-2330 or Minnesota Relay Service at 800-627-3529 or by using your preferred relay service.

**A Member of the Minnesota State Colleges and Universities System
An Affirmative Action Equal Opportunity Educator/Employer**

