

California State University, Chico
DEPARTMENT OF HEALTH AND COMMUNITY SERVICES

Fall 2009

HCSV 160-01
Personal Health

Instructor: Linda McAfee Bilsborough
Days/Times: TR 3:30-4:45 p.m. Lang 303

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Office Hours: TR 9:30-11:30 a.m.
Mon. 1:30-2 p.m.
Other times by appointment.

Textbook:

Insel, Paul and Roth, Walton, *Connect: Core Concepts in Health*, 11th Edition, McGraw Hill Publishing, New York, NY. Copywrite @ 2010.

Catalog Description:

This course is an overview of health related issues and concerns pertinent to college students. The integration of biological, psychological and sociological factors, which affect personal health behavior, are key components of this class. Emphasis is placed on promoting personal responsibility and control of health behavior. Topics include: stress; drugs; sexuality; common diseases; emotional health; nutrition; exercise; and environmental health. This is an approved Area E General Education course.

Course Objectives and Goals:

Upon successful completion of this course the student will be able to:

- Demonstrate an understanding of health and wellness;
- Recognize how improvements and refinement of the skills and knowledge of personal health will foster gains in well-being;
- Research and apply knowledge to a specific community health issue and population;
- Analyze and synthesize the theoretical and practical aspects of health and wellness;
- Evaluate the dimensions of health as they affect your life and lifestyle;
- Examine biases, opinions and personal actions related to your health;

Classroom Goals:

- Facilitate an atmosphere of learning, communication and development of knowledge about a variety of health topics
- Present a forum for discussion of current health issues including controversial topics relevant to college students
- Present accurate health information and dispel myths concerning health issues

- Provide opportunities for development of group process skills through small group discussion, planning and strategy sessions
- Implement a Service Learning project focusing on the challenge of providing education and tools to fill the unmet needs of some disenfranchised individuals in the Chico area; and
- Contribute a substance abuse case study for review and possible inclusion in a text on the topic in collaboration with Dr. Mark Tomita's *Computers in Health Education* course.

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Course Requirements:

- **Assigned Reading:** *Core Concepts in Health , 11th Edition*. See syllabus for chapter assignments.
- **Examinations:** You will have the joy of taking three examinations. A study guide will be provided prior to each exam. The format for each exam will vary from objective to short answer essay. I will provide Scantron answer sheets for Exams 1-2. You must provide a Number 882 scantron for the final exam.

Class Participation:

Attendance is mandatory. Promptness is appreciated, since late arrivals are disruptive to all. Students may have no more than two unexcused class sessions without being penalized by one full grade reduction.

Classroom Decorum:

You are expected to display respect for the learning process. This includes silencing electronic devices upon entering the classroom, refraining from texting, tweeing, net-searching and personal conversations during class and other disruptive behaviors.

PAPERS: (No Late Papers Accepted!)

Healthy Write:

You will be responsible for completing one "Healthy Write". This paper will focus upon a specific health theme and be valued at 30 points. Healthy Writes are graded on your ability to connect a health issue to your life and provide personal insight on the issue. This assignment assesses grammar, syntax, punctuation and writing style, in addition to depth of content.

Torres Shelter Health Fair Project

The guidelines for this project will be distributed in class.
 Project is valued at 50 points.

Substance Case Study Project

Project guidelines will be distributed in class.
Fifty points possible

“Did You Know”?:

Project guidelines will be distributed in class.
Project is valued at 50 points.

Methods of Evaluation: (Total Points may vary)

3 examinations @ 100 points each	300
1 Healthy Write @ 30 points	30
“Did You Know” Paper and Presentation	50
Substance Case Study	50
Torres Shelter Service Learning Project	50
In Class Quick Writes	50 (actual points may vary)

Extra Credit:

One extra credit project may be submitted for a maximum of 15 points. Extra credit activities must be typed double spaced, in a 12 point font. Write up should be approximately 1- 1/12 pages in length. Suggestions for this health-enhancing activity will be discussed in class. Deadline to turn in extra credit is Nov. 19, 2009.

Course Schedule*

<u>WEEK</u>	<u>DATE</u>	<u>TOPIC(S)</u>	<u>ASSIGNMENT(S)*</u>
1	8/25-27	Introduction to Course, Syllabus, Group Overview of Health	Chap. 1
2	9/1-3	Dimensions of health Health behaviors/change Mental health	<i>DUE: Healthy Write 9/3</i> Chap. 3
3	9/8	<i>Mandatory Furlough Day</i> <i>No Classes Allowed</i>	
3	9/10	Emotional Health, Psychological Issues Stress: Cycle, Signs/symptoms, Coping	<i>DUE: Case Study Overview 9/10</i> Chap. 2
4	9/15-17	Cycle of Abuse, Gangs Violent Environments/Cycle	Chap. 21
5	9/22 9/24	<i>Exam #1</i> Relationships/Intimacy	<i>Chap. 1-3,21</i> Chap. 4
6	9/29-1	Male/Female Anatomy & Function Conception, Pregnancy	Chap. 5
7	10/6-8	Pregnancy and Birthing Nutrition Guidelines	Chap. 8 Chap. 12-14
8	10/13	Eating disorders; Weight/fitness	
	10/15	<i>Mandatory Furlough Day</i> <i>No Classes Allowed</i>	
9	10/20-22	Shelter Project-Final planning session Torres Health Fair	<u><i>Meet at Torres Shelter! @ 3:30</i></u>
10	10/27 10/29	Follow-up Torres project/Review <i>Exam #2</i>	<i>Chap. 4,5,8,12-14</i>

11	11/3-5	Psychoactives: Addiction Alcohol: Responsibility, Abuse, Treatment Approaches	Chap. 9 Chap. 10
12	11/10-12	Tobacco: Smokeless, Smokeable Other Illicit Drugs	Chap. 11
13	11/17-19	Infectious Diseases: Pathogens Portals of entry/Immune response	Chap. 17
	11/23-27	Thanksgiving Break	Enjoy!!!!
14	12/1-3	Sexually Transmitted Infections HIV/AIDS	Chap. 18
15	12/8	<i>Exam #3</i>	<i>Chap.9-11,17,18</i>
	12/10	Consumer/Alternative Medicine/Environment Presentations	Chap. 19-20
16	12/17	Consumer/Alternative Medicine/Environment Presentations, cont'd. In Class Presentation Reflection Paper Scheduled Final Exam Time <i>Thurs. Dec. 17 @ 2-3:50 p.m.</i>	

***Actual schedule may vary slightly.**