

Adopted: 1970
Reviewed: 1985, 2007, 2011, 2013, 2015
Revised: 1990, 1998, 2001, 2004, 2008, 2011, 2013, 2015



Alabama Department of Postsecondary Education

Representing Alabama's Public Two-Year College System

Jefferson State Community College

HED 221 Personal Health

I. HED 221 Personal Health 3 Credit Hours

II. Course Description

This course introduces principles and practices of personal health and family health including growth and development, all the dimensions of wellness, psychological and spiritual well-being, mental health and disorders, suicide, stress and personal stress management, communication, managing your weight/body image, all aspects of fitness, nutrition, human sexuality, and reproductive choices.

III. Prerequisite

None Required

IV. Textbook

Determined by the Instructor

V. Course Objectives

The student will:

- A. The student will distinguish between sound and unsound current personal health issues, problems and practices.
- B. The student will identify and define terms used in personal health.
- C. The student will assess his potential future health and examine his responsibility for personal wellness.
- D. The student will develop an understanding of mental and emotional health.
- E. The student will develop an understanding of sexuality as it relates to the individual, the family and society.
- F. The student will identify nutritional values, controversies and guidelines for sound nutrition.
- G. The student will recognize characteristics of physical fitness.
- H. The student will identify stress and the effects stress has on the individual.
- I. The student will develop an understanding of effective communication.

VI. Course Outline of Topics

- A. Taking Charge of Your Health
- B. Nutrition Basics
- C. Weight Management
- D. Exercise For Health and Fitness
- E. Stress The Constant Challenge
- F. Psychological Health
- G. Intimate Relationships and Communication
- H. Sexuality, Pregnancy, and Childbirth

VII. GENERAL COURSE COMPETENCIES:

- A. The student will distinguish between sound and unsound current personal health issues, problems and practices.
- B. The student will identify and define terms used in personal health.
- C. The student will assess his potential future health and examine his responsibility for personal wellness.
- D. The student will develop an understanding of mental and emotional health.
- E. The student will develop an understanding of sexuality as it relates to the individual, the family and society.
- F. The student will identify nutritional values, controversies and guidelines for sound nutrition.
- G. The student will recognize characteristics of physical fitness.
- H. The student will identify stress and the effects stress has on an individual.
- I. The student will develop an understanding of effective communication.

VIII. COURSE OBJECTIVES STATED IN PERFORMANCE TERMS:

- A. The student will distinguish between sound and unsound current personal health issues, problems and practices.
 - 1. The student will list current personal health issues and determine the soundness of each.
 - 2. The student will identify current health problems and examine possible solutions.
 - 3. The student will identify sound and unsound current health practices.
- B. The student will identify and define terms used in personal health.
 - 1. The student will correctly use the terms found in the glossary, summaries and margins of the text.
- C. The student will assess his potential future health and examine his responsibility for personal wellness.

1. The student will examine family health histories and specific health problems exhibited by family members.
2. The student will identify personal negative lifestyle behaviors.
3. The student will examine negative lifestyle behaviors to determine his potential future health status.
4. The student will formulate plans that illustrate a responsible approach to enhancing his personal wellness based upon information derived from various sources.

D. The student will develop an understanding of mental and emotional health.

1. The student will examine the principles of good mental health.
2. The student will examine topics related to mental health.
3. The student will examine heredity and environmental theories as factors in personality development.
4. The student will identify causes of stress and the effects on physical and mental health.
5. The student will identify the stress management techniques used in defusing and coping with stress.
6. The student will distinguish between different psychiatric disorders.
7. The student will list organizations and types of professionals available for help.
8. The student will define the different forms of therapy and types of treatment for mental health problems.

E. The student will develop an understanding of sexuality as it relates to the individual, the family and society.

1. The student will examine the sexual development of the male and female from birth to adulthood.
2. The student will identify physical and emotional changes of puberty.
3. The student will list components of a successful heterosexual relationship.
4. The student will identify various types of sexual behavior.
5. The student will examine courtship in our society.
6. The student will examine the role of marriage in American society.
7. The student will identify alternatives to marriage.

8. The student will explain the process of pregnancy and childbirth.
 9. The student will identify various methods of birth control.
 10. The student will examine concepts of parenting.
 11. The student will examine divorce in American society.
- F. The student will identify nutritional values, controversies and guidelines for sound nutrition.
1. The student will identify major nutrients and describe the functions of each.
 2. The student will examine nutritional controversies.
 3. The student will identify sound nutritional guidelines.
- G. The student will recognize characteristics of physical fitness.
1. The student will define characteristics of physical fitness.
 2. The student will determine the importance of exercise.
 3. The student will examine the importance of nutrition as it relates to fitness.
 4. The student will examine the importance of rest as it relates to fitness.
- H. The student will identify stress and the effects stress has on an individual.
1. The student will identify what causes stress.
 2. The student will examine the effects stress has on the human body.
 3. The student will identify psychological responses to stress.
 4. The student will examine techniques to manage stress.
- I. The student will develop an understanding of effective communication.
1. The student will identify how men and women communicate.
 2. The student will identify aspects of forming relationships.
 3. The student will examine dysfunctional relationships.
 4. The student will identify different types of relationships.
 5. The student will examine issues couples confront.

IX. Evaluation and Assessment

Grades are based on:

A. Periodic exams

B. Final exams

C. Assignments

Grades will be given based upon A = 90 – 100%, B = 80 – 89%, C = 70 – 79%, D = 60 – 69%, and F = below 60%.

X. Class Activities

A. Lectures

B. Class discussions

C. Outside readings

D. Audio/visual aids

E. Resource Personnel

XI. Attendance

Students are expected to attend all classes for which they are registered. Students who are unable to attend class regularly, regardless of the reason or circumstance, should withdraw from that class before poor attendance interferes with the student's ability to achieve the objectives required in the course. Withdrawal from class can affect eligibility for federal financial aid.

XII. Statement on Discrimination/Harassment

The College and the Alabama State Board of Education are committed to providing both employment and educational environments free of harassment or discrimination related to an individual's race, color, gender, religion, national origin, age, or disability. Such harassment is a violation of State Board of Education policy. Any practice or behavior that constitutes harassment or discrimination will not be tolerated.

XIII. Americans with Disabilities

The Rehabilitation Act of 1973 (Section 504) and the Americans with Disabilities Act of 1990 state that qualified students with disabilities who meet the essential functions and academic requirements are entitled to reasonable accommodations. It is the student's responsibility to provide appropriate disability documentation to the College. The ADA Accommodations office is located in FSC 300 (205-856-7731).