

Course Objectives/Course Outline
Spokane Community College

Course Title: Health and Wellness

Prefix and Course Number: HLTH 101

Course Learning Outcomes:

By the end of this course, a student should be able to:

- Understand and encourage lifelong choices which will enhance ones quality of wellness
- Understand their personal profile of wellness
- Develop a more effective decision making process
- Encourage a lifelong motivation to seek answers in an ever changing medical community
- Encourage student development and confidence to question and communicate within a group

Course Outline

I. Cardiovascular diseases: The Statistics Cholesterol, "The Culprit"

A. What is it?

B. What it does!

1. Beneficial effects
2. Detrimental effects

C. The Risk Factors

1. Blood pressure
2. Serum blood cholesterol
3. Calories and saturated fats
4. Inhalation of cigarette smoke
5. Lack of exercise
6. Overeaters
7. Hereditary factors

D. Coronary Heart Disease

1. The heart and it's functioning
2. Angina pectoris
 - a. A description
 - b. Medical intervention
 - c. Non-medical intervention and prevention

E. Cerebral Vascular Disease

1. The corroded arteries
2. The stroke
3. Medical intervention
4. Non-medical prevention

F. Peripheral Vascular Disease

1. The vascular system
 - a. The event
 - b. Medical intervention

c. Non-medical intervention and prevention

- G. Exercise
 - 1. It's role in cardiovascular disease
 - a. Aerobic
 - b. Strength training
- II. Nutrition
 - A. The Nutrients and What they do
 - B. Carbohydrates
 - 1. Simple
 - 2. Complex
 - 3. Percentages consumed by the average American
 - 4. Desired percentages to be eaten
 - 5. The importance of a high complex carbohydrate diet
 - 6. The immune system
 - C. Fats
 - 1. The kinds of fats and what they do
 - 2. Polyunsaturated, monounsaturated, saturated and hydrogenated
 - 3. The percentages consumed by the average American
 - 4. The desired percentage to be eaten
 - D. Protein
 - 1. The amino acids and their functions
 - 2. The percentages consumed by the average American
 - 3. Desired percentage
 - E. Vitamins and Minerals
 - 1. The promotion
 - 2. The antioxidant effect
 - 3. How much should be taken
 - F. Water
 - 1. The regulator
 - 2. How much should be taken in
- III. Cancer
 - A. The Statistics
 - B. The Definitions
 - C. The Danger Signals
 - D. Medical Intervention
 - E. Surgery and Radiation Therapy
 - 1. Chemotherapy
 - 2. Alternative choices
 - 3. Immunity, the ultimate
- IV. Respiratory Illness
 - A. The Causes and Statistics
 - B. The Specific Disorder
 - 1. Cardiovascular disease
 - 2. Cancer

- 3. Emphysema
 - C. C.O.P.D.
 - 1. Prevention: the key
 - 2. How to prevent
- V. The Back and America
 - A. The Statistics and Causes
 - B. The Vertebral Column and the Muscles of the Back
 - C. Medical Intervention
 - D. Non-medical Intervention and prevention
- VI. The Medical Care Dilemma
 - A. The Statistics
 - B. The Ramifications of the System in place
 - C. The Alternatives
- VII. The STD's
 - A. The Statistics
 - B. The History
 - C. The Major Specific Problems
 - 1. Gonorrhoea
 - 2. Syphilis
 - 3. Papilloma virus
 - 4. Chlamydia
 - 5. Herpes virus
 - 6. H.I.V.
 - D. Medical Intervention
 - E. The Immune System
 - F. Prevention