

Course Objectives/Course Outline

Course Title: Health and Wellness

Prefix and Course Number: HLTH 101

Learning/Performance Expectations (e.g., outcomes, performance objectives, competencies, etc.)

By the end of this course, a student should:

- 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. Gonorrhea
 - 2. Syphilis
 - 3. Papilloma virus
 - 4. Chlamydia
 - 5. Herpes virus
 - 6. H.I.V.
 - D. Medical Intervention
 - E. The Immune System
 - F. Prevention