**ESSEX COUNTY COLLEGE**

**Social Sciences Division**

**HLT 101 – Healthful Living**

**Course Outline**

**Course Number & Name:**  HLT 101 Healthful Living

**Credit Hours:**  3.0 **Contact Hours:**  3.0 **Lecture:** 3.0 **Lab:**  N/A **Other:**  N/A

**Prerequisites**:  Grade of “C” or better in ENG 096 or placement

**Co-requisites:** None **Concurrent Courses:** None

**Course Outline Revision Date:**  Fall 2010

**Course Description**: This course is offered to aid the student in achieving and maintaining optimum health and to understand the principles on which it is founded. Among the topics covered are mental and emotional health, drugs, nutrition, sexuality, cardiovascular and other diseases, aging and other health topics.

**Course Goals:** Upon successful completion of this course, students should be able to do the following:

1. explain the workings of major body systems;

2. analyze current health practices; and

3. describe and establish positive health practices.

**Measurable Course Performance Objectives (MPOs)**: Upon successful completion of this course, students should specifically be able to do the following:

1. Explain the workings of major body systems:

* 1. *draw and label the components of and explain the heart and circulatory system;*
	2. *draw and label the components of and explain the endocrine system;*
	3. *draw and label the components of and explain the digestive system;*
	4. *draw and label the components of and explain the eye and the ear;* and
	5. *draw and label the components of and explain the food pyramid*

2. Analyze current health practices:

 2.1 *discuss and identify current health practices (including attitudes);* and

 2.2 *analyze current knowledge of healthful practices*

3. Describe and establish positive health practices:

 3.1 *describe and identify good health practices;*

 3.2 *establish positive health practices;* and

 3.3 *commit to positive life changes that enhance good health*

**Methods of Instruction**: Instruction will consist of a combination of lecture, drawings/diagrams, discussions, and individual research.

**Outcomes Assessment:** Test questions are blueprinted to course objectives. Data is collected and analyzed to determine the level of student performance on these assessment instruments in regards to meeting course objectives. The results of this data analysis are used to guide necessary pedagogical and/or curricular revisions.

**Course Requirements:** All students are required to:

1. Maintain regular attendance.

2. Take part in class discussions.

3. Take all tests as scheduled.

**Methods of Evaluation:** Final course grades will be computed as follows:

 **% of**

**Grading Components final course grade**

* **Attendance, Class Participation & Textbook Possession MUST be satisfactory**

Students need to attend and participate in class to benefit from the guidance of the instructor and to observe necessary demonstrations. To fully participate in class, students must possess the current edition of the required textbook.

* **Homework Assignments & Discretionary Quizzes** MUST be satisfactory

Homework problems are assigned and discretionary quizzes may be given on a regular basis throughout the semester to reinforce student mastery of course objectives. Outstanding performance on homework assignments and/or quizzes may be counted at the instructor’s discretion to improve the student’s final course grade.

* 3 or more Tests (dates specified by the instructor) 100%

Tests will show evidence of the extent to which students meet course objectives.

Note: Attendance, class participation, textbook possession, lab assignments, discretionary quizzes (if applicable) and examinations must ALL be completed in a satisfactory manner in order to pass this course. This means that failure of any one of the course grading components constitutes failure of the whole course.

**Academic Integrity:** Dishonesty disrupts the search for truth that is inherent in the learning process and so devalues the purpose and the mission of the College. Academic dishonesty includes, but is not limited to, the following:

* plagiarism – the failure to acknowledge another writer’s words or ideas or to give proper credit to sources of information;
* cheating – knowingly obtaining or giving unauthorized information on any test/exam or any other academic assignment;
* interference – any interruption of the academic process that prevents others from the proper engagement in learning or teaching; and
* fraud – any act or instance of willful deceit or trickery.

Violations of academic integrity will be dealt with by imposing appropriate sanctions. Sanctions for acts of academic dishonesty could include the resubmission of an assignment, failure of the test/exam, failure in the course, probation, suspension from the College, and even expulsion from the College.

**Student Code of Conduct:** All students are expected to conduct themselves as responsible and considerate adults who respect the rights of others. Disruptive behavior will not be tolerated. All students are also expected to attend and be on time for all class meetings. No cell phones or similar electronic devices are permitted in class. Please refer to the Essex County College student handbook, *Lifeline*, for more specific information about the College’s Code of Conduct and attendance requirements.

**Course Content Outline:** based on the text **Understanding Your Health,** 11th edition, by W Payne, D Hahn & E Lucas; published by McGraw Hill, 2010; ISBN-10 #: 0073380881 & ISBN-13 #: 9780073380889

**Class Meeting**

**(80 minutes) Topics**

1 The Mind

 Achieving Psychological Health

 Managing Stress

2 Mental Health

3 – 4 The Nervous System

5 Functions of Blood

6 Circulatory System

7 The Heart (drawing/diagram)

8 **Test #1**

9 Smoking

10 Alcohol

11 Drugs

12 – 14 Nutrition (drawing/diagram)

15 The Digestive System (drawing/diagram)

16 **Test #2**

17 Sexuality

18 The Eye/Vision (drawing/diagram)

19 The Ear/Hearing (drawing/diagram)

20 Disease

21 Quackery

22 Consumerism

23 First Aid

**Class Meeting**

**(80 minutes) Topics**

24 Fitness

25 Health Bee

26 Question Day

27 Review course material

28 Film viewing

29 **Test #3**

30 Grade Conferences Day

Note: Homework, which is assigned throughout the semester, may include items such as the following: complete a family health tree; observe relevant current television programs; and read and report on relevant current printed magazine, newspaper, or journal articles.