

**STATE UNIVERSITY OF NEW YORK
COLLEGE OF TECHNOLOGY
CANTON, NEW YORK**



COURSE OUTLINE

HEFI 202 - Health and Wellness Across the Lifespan

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**SCHOOL OF SCIENCE, HEALTH, AND CRIMINAL JUSTICE
HEALTH AND FITNESS PROMOTION
FEBRUARY 2014
Revised May 2015**

- A. **TITLE:** Health and Wellness Across the Lifespan
- B. **COURSE NUMBER:** HEFI 202
- C. **CREDIT HOURS:** 3
- D. **WRITING INTENSIVE COURSE:** NO
- E. **COURSE LENGTH:** 15 weeks
- F. **SEMESTER(S) OFFERED:** Spring
- G. **HOURS OF LECTURE, LABORATORY, RECITATION, TUTORIAL, ACTIVITY:**
3 hours of lecture per week

H. **CATALOG DESCRIPTION:**

Students explore the application of health promotion principles for individuals at different stages of life, from birth to old age. Disease and health promotion issues common to each population are identified and discussed. Students formulate strategies to promote healthy lifestyles and advocate for positive changes in health policy for individuals and communities.

I. **PRE-REQUISITES/CO-COURSES:**

Pre-requisite: HEFI 201 – Health and Wellness Promotion

J. **GOALS (STUDENT LEARNING OUTCOMES):**

By the end of this course the student will be able to:

<i><u>Course Objective</u></i>	<i><u>Institutional SLO</u></i>
a. Discuss the health issues common to a specific age group.	3. Prof. Competence
b. Apply knowledge of physical, cognitive, and psychosocial changes at each stage of development to formulate a plan for health promotion at each stage.	2. Crit. Thinking 3. Prof. Competence
c. Review and interpret various health screening tools to assess health risk factors for different age groups.	1. Communication 3. Prof. Competence 4. Inter-Intrapersonal skills

- K. **TEXTS:** Health Promotion Throughout the Lifespan, 8th Ed., Edelman, C.L. and Mandle, C.L., Mosby, St.Louis, 2010. ISBN 13: 978-0-323-09141-1

- L. **REFERENCES:** Health Promotion Throughout the Lifespan, 8th Ed., Edelman, C.L. and Mandle, C.L., Mosby, St.Louis, 2010. ISBN 13: 978-0-323-09141-1

- M. **EQUIPMENT:** Technology enhanced classroom.

- N. **GRADING METHOD:** A – F.

- O. **MEASUREMENT CRITERIA/METHODS:**
Group presentations
Intervention projects
Written homework
Observations and reflections of various lifespans
Final paper/project

P. **DETAILED COURSE OUTLINE:**

I. Framework for Growth and Development

- A. Overview of Development Periods
- B. Growth Changes Throughout the Life Cycle
- C. Theories of Development

II. Prenatal Period

- A. Maternal health/wellness
- B. Fetal health/wellness
- C. Influence of external factors

III. Infant

- A. Physical, Cognitive, Emotional changes
- B. Health promotion priorities/issues
- C. Health promotion strategies
- D. Health policy

**** All topics listed below have the same subcategories A-D listed under III above.**

IV. Toddler

V. Preschool Child

VI. School-Aged Child

VII. Adolescent

VIII. Young Adult

IX. Middle-Age Adult

X. Older Adult

Q. **LABORATORY OUTLINE: n/a**