

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



**COURSE OUTLINE**

**HLTH 103 – Health Current Perspectives and Practical Applications**

**Prepared By: Timothy J. Farrell**

**SCHOOL OF  
SCIENCE, HEALTH & CRIMINAL JUSTICE  
April 2015**

- A. **TITLE:** Health Current Perspectives and Practical Applications
- B. **COURSE NUMBER:** HLTH 103
- C. **CREDIT HOURS:** (3)
- D. **WRITING INTENSIVE COURSE:** No
- E. **COURSE LENGTH:** (15 weeks)
- F. **SEMESTER(S) OFFERED:** Fall and Spring
- G. **HOURS OF LECTURE, LABORATORY, RECITATION, TUTORIAL, ACTIVITY:** 3 hours lecture per week
- H. **CATALOG DESCRIPTION:** This general elective course is designed as an introductory health education course. The course provides an opportunity for students to explore healthy life styles as well as learn about major health problems in the United States. The students become more informed about their rights and responsibilities related to remaining healthy or for accessing health services.
- I. **PRE-REQUISITES/CO-REQUISITES:** None
- J. **GOALS (STUDENT LEARNING OUTCOMES):**  
By the end of this course, the student will be able to:

| <i>Course Objective</i>  | <i>Institutional SLO</i>                 |
|--|--|
| 1. Identify and discuss health in society and family.  | 2. Crit. Thinking<br>3. Prof. Competence |
| 2. Discuss and explain the effects of mental health, stress, spirituality, and sleep on the human body.  | 2. Crit. Thinking<br>3. Prof. Competence |
| 3. Identify and discuss the importance of a healthy diet, fitness, and body weight image on a person.    | 3. Prof. Competence                      |
| 4. Recognize and apply and understanding of the effects of alcohol, tobacco and drugs has on one's body. | 2. Crit. Thinking<br>3. Prof. Competence |
| 5. Identify the discuss relationships, sexual health, reproductive choices of a person.                  | 2. Crit. Thinking<br>3. Prof. Competence |
| 6. Discuss infectious disease, cardiovascular disease and the effects of injury on a person.             | 2. Crit. Thinking<br>3. Prof. Competence |

**K. TEXTS:**

**Teague, MacKenzie & Rosenthal., Your Health Today-Brief 2011-3. McGraw-Hill, New York.**

**L. REFERENCES: None**

**M. EQUIPMENT: Access to a working computer with internet capability. Use of an operating system compatible with Angel such as a current version of Windows or a Mac.**

**N. GRADING METHOD: A-F**

**O. MEASUREMENT CRITERIA/METHODS:**

- Orientation Quiz/Learning Agreement
- Chapter Tests
- Discussion Boards

**P. DETAILED COURSE OUTLINE: (must use the outline format listed below)**

- I. Health in a Changing Society
- II. Your Family Health History
- III. Mental Health and Stress
- IV. Spirituality
- V. Sleep
- VI. Nutrition
- VII. Fitness
- VIII. Body Weight and Body Composition
- IX. Body Image
- X. Alcohol and Tobacco
- XI. Drugs
- XII. Relationships and Sexual Health
- XIII. Reproductive Choices
- XIV. Infectious Diseases
- XV. Cardiovascular Health
- XVI. Cancer
- XVII. Injury and Violence
  - Personal Health Portfolio
  - Supplemental eBook chapters
- XVIII. Complementary and Alternative Medicine
- XIX. Environmental Issues

**Q. LABORATORY OUTLINE: None**