

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



COURSE OUTLINE

HEFI 405 – Current Issues in Health and Fitness

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**SCHOOL OF SCIENCE, HEALTH, AND CRIMINAL JUSTICE
Health and Fitness Promotion
MAY 2012
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HEFI 405 Current Issues in Health and Fitness

- A. **TITLE:** Current Issues in Health and Fitness
- B. **COURSE NUMBER:** HEFI 405
- C. **CREDIT HOURS:** 3
- D. **WRITING INTENSIVE COURSE:** Yes
- E. **COURSE LENGTH:** 15 weeks
- F. **SEMESTER(S) OFFERED:** Spring
- G. **HOURS OF LECTURE, LABORATORY, RECITATION, TUTORIAL, ACTIVITY:**
3 hours lecture per week
- H. **CATALOG DESCRIPTION:** This writing intensive course focuses on current issues related to health promotion and prevention of disease, with an emphasis on the role of physical activity. Healthy People 2020 provides a framework from which to generate topics and discussion. Students are required to research current events and issues that present themselves on a local, national, and worldwide level and formulate their own thoughts and conclusions regarding these topics.
- I. **PRE-REQUISITES/CO-COURSES:** Senior level status in HEFI program or permission of instructor.
- 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. Analyze information from a variety of sources and determine credibility.	2. Crit. Thinking
b. Discuss and defend their viewpoints regarding various issues in health and fitness.	1. Communication 2. Crit. Thinking
c. Research a chosen topic in health and fitness utilizing a variety of resources.	1. Communication 2. Crit. Thinking
d. Prepare a written work which effectively demonstrates knowledge of chosen research topic and is supported by best evidence.	1. Communication 2. Crit. Thinking 3. Prof. Competence
e. Reflect on personal health and fitness in relation to current issues.	1. Communication 2. Crit. Thinking 4. Inter-Intrapersonal

- K. **TEXTS:** No text is required for this course. Instructor will post readings related to current issues as appropriate. Students will also be responsible for finding related readings to share with classmates.
- L. **REFERENCES:**
Healthy People 2020 document (available 2010) <http://www.healthypeople.gov/HP2020/>
<http://www.cdc.gov/>
<http://health.nih.gov/>
- M. **EQUIPMENT:** n/a

N. GRADING METHOD: A – F

O. MEASUREMENT CRITERIA/METHODS:
Research project – in form of paper or grant proposal
Personal reflection journal
Discussion board postings

P. DETAILED COURSE OUTLINE:

I. Examining Sources of Information

- A. Sources
- B. Critical Analysis
- C. Determining credibility

II. Healthy People Initiative

- A. Healthy People 2010
- B. Healthy People 2020
- C. Taking Action

III. Current Events

- A. Health related issues
- B. Fitness related issues
- C. Sharing viewpoints

IV. Evidence- Based Practice

- A. Formulating Questions
- B. Search of the Literature
- C. Critical Analysis
- D. Recommendation

IV. Personal Growth

- A. Self-reflection/awareness
- B. Creating change

Q. LABORATORY OUTLINE: N/A