

**RARITAN VALLEY COMMUNITY COLLEGE
ACADEMIC COURSE OUTLINE**

FITN 131 Current Health Issues

I. Basic Course Information

A. Course Number and Title: FITN 131 Current Health Issues

B. New or Modified Course: Modified

C. Date of Proposal: Semester: Fall Year: 2016

D. Effective Term: Fall 2017

E. Sponsoring Department: Health Science Education

F. Semester Credit Hours: 3

G. Weekly Contact Hours: Lecture: 3
 Laboratory: 0
 Out of class student work per week: 6

H. Prerequisites/Corequisites: None

I. Laboratory Fees: None

J. Name and Telephone Number or E-Mail Address of Department Chair at time of approval: Beryl Stetson, Beryl.Stetson@raritanval.edu, 908 526-1200 x8208.

II. Catalog Description

A comprehensive study of personal, school and community health problems, this course will devote special attention to chronic and degenerative diseases, communicable diseases, air and water pollution, accidents and mental illness. Other topics covered include nutrition and weight control and the effects of alcohol and narcotics.

III. Statement of Course Need

- A. This course is designed to make students aware of physical, psychological, environmental, and social issues that affect health. Students will learn how to find and interpret reliable health information, how to improve wellness and reduce the risk of disease through lifestyle changes, screening and knowledge. Students will learn how to use reliable information from the internet to back arguments with regard to health issues.
- B. There is no lab component in this course.
- C. This course generally transfers as an exercise science program requirement. This course generally transfers as a health and physical fitness program elective.

IV. Place of Course in College Curriculum

- A. Free Elective.
- B. This course meets a program requirement for the Associate Degree in Exercise Science.
- C. To see course transferability: a) for New Jersey schools, go to the NJ Transfer website, www.njtransfer.org; b) for all other colleges and universities, go to the individual websites.

V. Outline of Course Content

- A. Psychological & Spiritual Well Being
 - 1. Sleep and sleep disorders
- B. Caring for Your Mind
 - 1. Mental Health
 - 2. Depressive and Anxiety Disorders
 - 3. Suicide
 - 4. Treatment of Mental Disorders
- C. Stress Management
- D. Social Health
 - 1. Communication
 - 2. Relationships
 - 3. Functional and Dysfunctional Relationships
- E. Personal Nutrition
- F. Weight Management
- G. Physical Fitness and its effects on health, wellness and lowering disease risk.
- H. Sexual Health
 - 1. Responsible Sex
 - 2. Sexually Transmitted Infections
- I. Reproductive Choices

1. Contraception
 2. Abortion
 3. Pregnancy
- J. Addictions
1. Alcohol
 2. Tobacco
 3. Drugs and Medications
- K. Major Diseases
1. Cardiovascular Health
 - a. Heart Attack
 - b. Stroke
 - c. Hypertension
 - d. Coronary Heart Disease
 2. Diabetes
 3. Cancer
 4. Infectious Disease
- L. Consumer Health
1. Affordable Care Act
 2. Medical Quackery
 3. Understanding the Health Care System
 4. Being a Savvy Consumer
- M. Personal Safety
1. Unintentional Injury
 2. Road Rage and Safety
 3. Safety at home and at work
 4. Violent Crimes
 5. Sexual Victimization
- N. The Environment and Your Health
- O. Successful Aging
1. Death and Dying
 2. Suicide

VI. General Education and Course Learning Outcomes

A. General Education Learning Outcomes:

At the completion of the course, students will be able to:

1. Determine the nature and extent of the information needed to make successful health and wellness decisions. (GE-NJ IL)
2. Identify and critically evaluate health information. (GE-NJ IL)*
3. Collect, organize and evaluate current information on health care issues (GE-NJ1)
4. Successfully argue controversial health issues using scholarly sources to back the argument. (GE-NJ1, IL).

*Embedded critical thinking

B. Course Learning Outcomes:

At the completion of the course, students will be able to:

1. Compare and contrast various personality theories and disorders.
2. Define stress, its effects on health and identify adaptations to stress.
3. Explain mental disorders, their effects and treatments for the mentally ill.
4. Describe the process of aging, as well as the stages and needs of a dying person.
5. Discuss controversial and legalized abortions, defending the argument with sources..
6. Formulate personal conclusions as to the effectiveness of various solutions to drug and alcohol abuse.
7. Differentiate between alcohol abuse, dependency and alcoholism, describe its effects on health, family and lifestyle.
8. Argue positive and negative aspects of legalizing marijuana, including scholarly sources to back the argument.
9. Explain human sexuality and reproduction in terms of awareness and adjustment in life.
10. Analyze the validity of current publicized nutrition information with respect to diet and weight control.
11. Explore the relationship between lifestyle and cardiovascular disease.
12. Describe the effects of pollution on health.
13. Discuss attitudes and practices that relate to the disease of cancer.
14. Explore the relationship between nutrition, exercise, sleep, and stress with regards to overall health and wellness.

C. Assessment Instruments

- A. research papers
- B. essays
- C. discussion questions
- D. fitness and wellness assessments
- E. nutrition analysis

VII. Grade Determinants

- A. essays/research papers
- B. assignments
- C. tests
- D. discussion questions

Given the goals and outcomes described above, LIST the primary formats, modes, and methods for teaching and learning that may be used in the course:

- A. lecture/discussion

- B. textbook
- C. videos
- D. independent study
- E. online resources

VIII. Texts and Materials

- A. Hales, D., An Invitation to Health, 17th Ed., Cengage, 2016
- B. Internet

(Please Note: The course outline is intended only as a guide to course content and resources. Do not purchase textbooks based on this outline. The RVCC Bookstore is the sole resource for the most up-to-date information about textbooks.)

IX. Resources

- A. RVCC Library
- B. Internet Websites