

**PEH 180YT HEALTH AND WELLNESS FOR THE WHOLE PERSON
3 CREDITS
SPRING 2001
TELECOURSE SYLLABUS**

Course Description:

This telecourse provides the student with a general overview of the physical, social, emotional, intellectual, spiritual and environmental dimensions of health and their applications to personal wellness.

Course Objectives

At the conclusion of this telecourse, students should be able to identify the factors which positively and negatively affect all dimensions of health, describe the major health risks and diseases affecting contemporary society, and explain the principal ways to promote health through lifestyle and behavioral changes.

Required Course Materials

1. Text

Hales, Dianne. An Invitation to Health, 9th ed., Wadsworth Publishing, 2001.

2. Telecourse Guide

Richards, Donna Beck. Telecourse Study Guide for An Invitation to Health. 3rd ed., Wadsworth Publishing, 2001.

Course Instructor:

Lisa Diewald, M.S., R.D.
Adjunct Faculty Member, Montgomery County Community College

Instructor Phone/Email:

Voice Mail: (215) 619-7460, Ext 4437. Please leave your name and phone number. I will return your call as soon as possible.

Email: peh180@yahoo.com

Course Requirements

1. Read assigned text and telecourse guide material.
2. View assigned videos each week. Videos are broadcasted on WHYY TV (Channel 12) from 2-4 am on Sundays, beginning Sunday, February 11,2001 and continuing through Sunday, March 25, 2001. 4 videos (each 1/2 hour in length) are broadcasted each week except for the last week (March 25, 2001), when 2 videos are shown, from 2-3 PM.

Important Note:

Although the WHYY broadcasts only last **7 weeks**, this course schedule uses a traditional **13 week** viewing period. You should program your VCR to tape the broadcasts **ahead of schedule**, and consult this syllabus for the appropriate videos used in the lesson each week. If you miss a video, copies of each video are available for you to view in the Audiovisual Department, located on the second floor of the library in College Hall of Main Campus.

3. Scan practice tests at the end of each telecourse chapter and check your answers using the answer key provided.

4. Complete 6 written assignments. (described in depth on syllabus)

- All assignments must be typed (double spaced) or done on a word processor.
- Be sure to include your name and assignment number on each
- Assignments should be 2-3 pages long, typed.
- When completed, email them to me or mail assignments back to me in postage paid envelopes provided (or mail to the following address)

Lisa Diewald M.S., R.D.
Montgomery County Community College
Physical Education Bldg-Rm 219
340 Dekalb Pike
Blue Bell, PA 19422-0796

- Assignments **must** be postmarked on or before the due date.
- Late assignments result in a 3 pt deduction per day
- Keep copies of all your work in case assignments are lost in the mail or problems occur with email transmission.**
- I will grade all assignments and mail them (or email them) back to you.

5. Complete a midterm and final exam. The **midterm exam** will be mailed to you. Complete and return by the due date, again in the postage paid envelope provided.

The **final exam** is an on-campus exam, administered on the following dates:

Monday, May 7, 2001 7 PM West Campus

Tuesday, May 8, 2001 7 PM Main Campus

You may choose the date and location that is most convenient for you.

Information on scheduling exam will be mailed to you in early April.

The final exam is not cumulative, but will include material covered since the midterm.

Grading

6 written assignments at 100 pts each	600 points
Midterm exam at 200 pts	200 points
Final exam at 200 pts	200 points

Total available points 1000

Your grade will be determined as follows:

920-1000 points	=	A
840-919 points	=	B
760-839 points	=	C
680-759 points	=	D
<680 points	=	F

An "**Incomplete**" grade will be assigned at the discretion of the instructor in the event a student for unavoidable reasons cannot complete the course during the assigned period, but can complete course requirements within a reasonable period of time. This will be determined through student-instructor consultation.

Grading policies for "incomplete" are outlined in the college catalog.

Withdrawal Policy

Please consult college catalog

Grade Changes and Challenges

Policies for grade changes and challenges are described in the college catalog.

Academic Honesty

The student is expected to provide appropriate referencing when citing material from the text, video or other source. Plagiarism of any form will not be tolerated and will result in a failure grade for the assignment.

WEEKLY TOPICS AND ASSIGNMENTS
PEH 180 HEALTH AND WELLNESS FOR THE WHOLE PERSON
Spring 2001

Week of January 17, 2001

1. Obtain the textbook and telecourse study guide
2. Review syllabus and assignments.

Week of January 22, 2001

1. Attend orientation session: Monday, January 22, 2001
7 pm Phys Educ Bldg, rm 206
Orientation session lasts approximately 45 mins.
2. Reading assignment: Text pp 1-11

Week of January 29, 2001

Complete and submit Written Assignment #1-Due 2/5/01

Week of February 5, 2001

Lesson 1: Invitation to Health

Reading assignments: Text (T): Chp 1: pp 11-35
Telecourse Guide (TG): Lesson 1

Lesson 2: Stress

Reading assignments: T: Chp 2, pp. 38-63
TG: Lesson 2

Videobroadcast: 2/11/00, 2-4 am (Lessons 1 and 2; tape ahead Lessons 3 and 4 for future viewing)

Week of February 12, 2001

Lesson 3: Emotional Health

Reading assignments: T: Chp 3., pp 67-91
TG: Lesson 3

Lesson 4: Intellectual Well Being

Reading Assignments: T: Chp 4 pp 94-119
TG: Lesson 4

Videobroadcast: 2/18/01, 2-4 am (tape ahead for future viewing)
View video lessons 3 and 4

Complete written assignment #2/Due 2/22/01

Week of February 19, 2001

Lesson 5: Fitness and Exercise

Reading assignments: T: Chp 5, pp 122-151
TG: Lesson 5

Lesson 6: Diet and Nutrition

Reading assignments: T: Chp 6, pp 148-83
TG: Lesson 6

Videobroadcast: 2/25/01; 2-4 am (tape ahead for future viewing)

View video Lessons 5 and 6

Complete written assignment #3/Due 3/2/01

Week of February 26, 2001

Lesson 7: Weight Management

Reading assignments: T: Chp 7 pp 194-216
TG: Lesson 7

Lesson 8: Intimate Relationships

Reading assignments: T: Chp 8 pp. 220-246, Chp 18 pp. 580-583
TG: Lesson 8

Videobroadcast: 3/4/01, 2-4 am (tape ahead for future viewing)

View video Lessons 7 and 8

Week of March 5, 2001

Lesson 9: Sexuality

Reading assignments: T: Chp 9, pp 248-285 Chp 18 pp 582-591
TG: Lesson 9

Lesson 10: Reproduction and Sexual Health

Reading assignments: T: Chp 10 pp 286-331
TG: Lesson 10

Videobroadcast: 3/11/01, 2-4 am (tape ahead for future viewing)

View video Lessons 9 and 10

Complete written assignment #4/Due 3/15/01

Week of March 12, 2001

Lesson 11: Parenting

Reading assignments: T: Chp 8, pp 239-242, Chp 18 pp 581-582, 590
TG: Lesson 11

Lesson 12: Communicable Diseases

Reading assignments: T: Chp 11, pp 368-88
TG: Lesson 12

Videobroadcast: 3/18/01, 2-4 am (tape ahead for future viewing)

View video Lessons 11 and 12

Midterm to be mailed out this week-Return by 3/28/01

Week of March 19, 2001

Lesson 13: AIDS and Sexually Transmitted Diseases
Reading assignments: T: Chp 12 pp 388-411
TG: Lesson 13

Lesson 14: Cardiovascular Disease
Reading assignments: T: Chp 13 pp 412-440
TG: Lesson 14
Videobroadcast: 3/25/01, 2-3 am (tape ahead for future viewing)
View video Lessons 13 and 14

Complete midterm; must be received back by 3/28/01

Week of March 26, 2001

Lesson 15: Treatment and Prevention of Cardiovascular Disease
Reading assignment: T: Finish reading Chp 13
TG: Lesson 15

Lesson 16: Cancer
Reading assignment: T: Chp 14, pp 442-473
TG: Lesson 16
View video Lessons 15 and 16 (taped earlier in term)

Complete written assignment 5/Due 4/5/01

Week of April 2, 2001

Lesson 17: Drugs
Reading assignments: T: Chp 15: pp 474-507
TG: Lesson 17

Lesson 18: Alcohol
Reading assignments: T: Chp 16: pp 508-537
TG: Lesson 18

View video Lessons 17 and 18 (taped earlier in term)

Week of April 9, 2001

Lesson 19: Tobacco
Reading assignments: T: Chp 17, pp 538-560
TG: Lesson 19

Lesson 20: Injury Prevention
Reading assignments: T: Chp 18, pp 562-580, pp 591-95
TG: Lesson 20

View video Lessons 19 and 20 (taped earlier in term)

Complete Assignment #6/Due 4/20/01

Week of April 17, 2001

Lesson 21: Aging
Reading assignments: TG: Lesson 21

Week of April 17, 2001 (cont'd)

Lesson 22: Death and Dying

Reading assignments: T: Chp 19, pp 596-615

TG: Lesson 22

View video Lessons 21 and 22 (taped earlier in term)

Information on scheduling final exam to be mailed out this week

Week of April 23, 2001

Lesson 23: Health Self-Care

Reading assignments: T: Chp 11, pp 334-340

Hales Health Almanac, A-2 through A-29

TG: Lesson 23

Lesson 24: Health Care Delivery Systems

Reading assignments: T: Chp 11 pp 341-367

TG: Lesson 24

View video Lessons 23 and 24 (taped earlier in term)

Week of April 30, 2001

Lesson 25: Environmental Health

Reading Assignments: T: Chp 20. pp 616-638

TG: Lesson 25

Lesson 26: A Celebration of Health

Reading Assignments: T: Lesson 26

View video Lessons 25 and 26 (taped earlier in term)

Important: Final Exam next week. Review unfinished readings and videos. Study practice tests in Telecourse Guide. Review notes from videos.

Week of May 7, 2001

Final Exam administered on campus.

Monday, May 7, 2001

7 PM

West Campus

Tuesday, May 8, 2001

7 PM

Main Campus

PEH180/Assignment Descriptions

Spring 2001

Assignment 1/Due 2/5/01

Complete the Wellness Inventory Wheel on pgs 1-9 of text. Summarize your findings, including personal health strengths and weaknesses, priorities for health promotion and a general improvement plan. No need to submit Wheel itself, only your summary.

Assignment 2/Due 2-22-01

Imagine you are George W. Bush, just beginning a presidency after a tumultuous and divisive campaign and a prolonged election decision. Identify 3 areas of stress he might be experiencing and using the strategies outlined in the text and video, describe how he might use these strategies to manage his stresses.

Assignment 3/Due 3-2-01

Write down everything you eat or drink for one day. Choose a typical day, rather than an unusual scenario. Using the internet web site <http://www.nat.uiuc.edu/mainnat.html> (Nutrition Analysis Tool 2.0) enter the list of foods and portions consumed after completing a very short personal profile. Be very careful to enter in the correct units (i.e. 1 slice of bread, not 1 loaf of bread). Then, click on "Analyze diet" at the bottom of the food analysis screen to retrieve a summary of the nutritional composition of your daily intake.

Answer the following questions:

1. How does your one day diet profile compare with recommendations, as described in the text, video and website? What areas of strengths and weaknesses can you identify? What patterns can you see emerging and how might they positively or negatively impact health? (be specific)
2. Identify two weaknesses and suggest several modifications which might correct these undesirable eating patterns.
3. Submit your responses to the above questions, along with printout and diet record. Body of paper should be approximately 2 pages plus applicable printouts.
4. Your grade will be based on how well you integrate material from the text and video into your paper.

Assignment 4/Due 3-15-01

It is obvious that gender roles and attitudes surrounding sexuality have changed dramatically over the past 3 decades. Using information gained from the text and video, describe these changes and illustrate how one current event or situation is helping to shape these changes. (example: Hillary Clinton's successful senatorial bid and its effect on gender roles). Predict how attitudes about sexuality and gender roles may continue to evolve over the next 20 or 30 years.

Assignment 5/Due 4-5-01

Complete the self survey on page 448 of your textbook. Based on your results, a critical view of your own lifestyle, and class material, outline a plan for reducing your risk of cancer. Incorporate specific information on how you plan to cut your cancer risk through lifestyle changes.

Assignment 6/Due 4-20-01

It is widely known that more women are taking up the smoking habit and that smoking now claims more lives annually than breast cancer. Scan several magazines and discuss the ways in which the tobacco industry targets women of all ages. Discuss the inherent risks for women who smoke. Describe one prevention strategy aimed at young women which you believe has a good chance of discouraging the smoking habit in teenage girls.