

**Kingsborough Community College**  
**HE 14 Critical Issues in Personal Health**  
**Fall Semester: 2023**

Professor: Balsamo

Email: [DBalsamo4@schools.nyc.gov](mailto:DBalsamo4@schools.nyc.gov)

Phone: 718-373-6400

**Course Description:** This course will examine critical health issues facing our community and nation today, from chronic disease such as cancer, cardiovascular disease, diabetes, communicable diseases such as human immunodeficiency virus, sexually transmitted infections and COVID-19. Students will analyze the role health risk behaviors play in prevention and or development of these diseases and begin to formulate a personal wellness plan for health promotion. Students will have the opportunity to explore chronic diseases of their own choice and present using power point presentations and analyzing scholarly articles.

**Course Objectives:**

1. Students will be able to understand the impacts of chronic disease on the individual and in the community.
2. Students will be able to appraise sources of stress, analyze the negative effects of stress, and apply coping strategies.
3. Students will be able to demonstrate knowledge in designing a general fitness program for a healthy lifestyle.
4. Students will be able to demonstrate knowledge in nutritional planning that meets their needs, prevents heart disease, diabetes, and promotes wellness.
5. Students will be able to demonstrate knowledge and understanding in human sexuality, infectious diseases, and reproductive choices concerning wellness.
6. Students will be able to identify how our lifestyle choice affects overall wellness and life expectancy.
7. Students will be able to recognize and explain the dimensions of health.

**Grading:**

**Methods of Evaluation:**

- |                         |            |
|-------------------------|------------|
| 1. Discussion           | 30 points  |
| 2. Independent Research | 10 points  |
| 3. Quizzes              | 10 points  |
| 4. Midterm Exam         | 20 points  |
| 5. Final project        | 30 points  |
| 6. Total                | 100 points |

**Letter grading information**

Letter grades will be given following Kingsborough Community College recommended criteria.

<b>Letter Grade</b>	<b>Number Grade Equivalent</b>
A+	98-100
A	91-97
A-	90
B+	88-89
B	81-87
B-	80
C+	78-79
C	71-77
C-	70
D+	68-69
D	61-67
D-	60

**Recommended Text: Sparling, Phillip B., Redican, Kerry J. iHealth: An Interactive Framework, McGraw-Hill: NY ISBN-978-1-260-80822-3 4<sup>th</sup> ed.**

**Course Topics:**

**Readings for week 1&2**

**Foundations of Personal Health (Chapter 1)**

**Manage Stress (Chapter 6)**

**Quiz (1)**

**Readings for week 3&4**

**Mental Health and Disorders (Chapter 7)**

**Avoid Drug Abuse (Chapter 4)**

**Quiz (2)**

**Readings for week 4&5**

**Respect Sexuality (Chapter 5)**

**Infections (Chapter 11)**

**Quiz (3)**

**Readings for week 6&7**

**Choose a Healthy Diet (Chapter 2)**

**Develop a Fitness Program (Chapter 3)**

**Quiz (4)**

**Readings for week 8&9**

**Heart Disease and Stroke (Chapter 8)**

**Diabetes (Chapter 10)**

**Quiz (5)**

**Readings for week 9&10**

**The U.S. Health Care System (Chapter 12)**

**Readings for Week 11&12**

**Health Care Decision Making (Chapter 13)**

I will post videos in the Course Information tab on Google Classroom to supplement the readings whenever it is necessary.