

KINGSBOROUGH COMMUNITY COLLEGE

OF

THE CITY OF NEW YORK

HPE 12 HYBRID COURSE SYLLABUS

CONCEPTS OF WELLNESS

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The Textbook will be provided.

Purpose of the Course: The purpose of this course is for students to demonstrate knowledge and understand health issues to make healthy lifestyle choices. This course is designed for students to learn and understand personal wellness, which encompasses lifestyles, perceptions, attitudes, behavior, and health decisions. Guidelines and criteria based on research findings are the basis for judgments about suitable physical, emotional, interpersonal, mental/intellectual, environmental, and spiritual wellness. This class is asynchronous; we will not be meeting.

Course Objectives:

1. Students are to recognize the six dimensions of wellness.
2. Students will be able to appraise sources of stress, analyze the adverse effects of stress, and apply coping strategies.
3. Students are to recognize the benefits of exercise, the importance of improving or maintaining their physical fitness throughout their lifespan, and the relationship of fitness to personal wellness.
4. Students will design a personalized general fitness program inclusive of aerobic and anaerobic (weight training/strength training) for a healthy lifestyle.
5. Students will be able to evaluate factors that lead to drug, alcohol, and tobacco addiction and learn about treatments/interventions to break these bad habits.
6. Students will be able to demonstrate knowledge and understanding of human sexuality, infectious diseases, and reproductive choices regarding wellness.

Grading:

1. Four Quizzes (400 points)
 2. Final Exam (200 points)
 3. Discussion posts (400 points)
- Total Points = (1000 points)

Letter Grading information

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

Letter Grade	Number Grade Equivalent
A+	95-100
A	91-95
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

All your assignments must be typed, double-spaced, and follow the APA format.

Course Topics:

1. Taking charge of your health
2. Stress: the constant challenge
3. Psychological health
4. Sexuality, pregnancy, and childbirth
5. Contraception and abortion
6. Psychoactive drugs
7. Nutrition
8. Exercise for health and fitness
9. Weight management
10. Cardiovascular disease and cancer
11. Immunity and infectious disease / sexually transmitted diseases