

**Department:**

Physical Education

**Course Description:**

This course provides an overview of the physical, mental, emotional, social, and spiritual components of health that affect the whole human being. The course will include an introduction to the interdependency and relationships between such topics as mental/emotional health, drug use, drug misuse, drug abuse, physical fitness, nutrition, consumer health, human sexuality, death and dying, community health, environmental health, and diseases. (Kansas Regents Shared Number Course and Title: **(Kansas Regents Shared Number Course and Title: KRSN Course HSC1020 Personal & Community Health.)**)

**Course Competencies:**

Upon completion of the course, the student should be able to:

1. Define the meaning of physical fitness and explain how it relates to health and wellness.
2. Identify the four developmental tasks of adults.
3. Identify the five dimensions of health.
4. Assess the nature and management of stress.
5. Integrate the roles of physical fitness, nutrition, and weight management.
6. Analyze the use, misuse, and abuse of substances that impair health.
7. Examine the focus on disease processes that influence overall health.
8. Identify the role of sexuality in terms of goals, relationships, reproduction, and roles in society.
9. Evaluate the role of environment and consumer health in human lives.
10. Examine the nature of aging.

**Course Content:**

- A. Shaping Your Health
- B. Achieving Psychological Health
- C. Managing Stress
- D. Becoming Physically Fit
- E. Understanding Nutrition and Your Diet
- F. Maintaining a Healthy Weight
- G. Making Decisions about Drugs
- H. Taking Control of Alcohol Abuse
- I. Rejecting Tobacco Use
- J. Enhancing Your Cardiovascular Health
- K. Living with Cancer
- L. Managing Chronic Conditions
- M. Preventing Infectious Diseases
- N. Exploring the Origins of Sexuality

- O. Understanding Sexual Behavior and Relationships
- P. Managing Your Fertility
- Q. Becoming a Parent
- R. Becoming an Informed Health Care Consumer
- S. Protecting Your Safety
- T. The Environment and Your Health
- U. Accepting Dying and Death

## Learning Assessments:

Course competencies will be assessed by quizzes, regular exams, class participation, presentations, and a final exam.

## Instructional Materials:

Understanding Your Health, Payne, 9th Ed., McGraw-Hill, 2007. ISBN: 978-0073252056

### **Guidelines for Requesting Accommodations Based on Documented Disability or Medical Condition**

It is the intention of Highland Community College to work toward full compliance with the Americans with Disabilities Act, to make instructional programs accessible to all people, and to provide reasonable accommodations according to the law.

Students should understand that it is their responsibility to self-identify their need(s) for accommodation and that they must provide current, comprehensive diagnosis of a specific disability or medical condition from a qualified professional in order to receive services. Documentation must include specific recommendations for accommodation(s). Documentation should be provided in a timely manner prior to or early in the semester so that the requested accommodation can be considered and, if warranted, arranged.

In order to begin the process all students **must** complete the “Disabilities Self-Identification Form” on our [Disability Services website](#).

This form can also be accessed at the Highland Community College homepage under Students Services/Student Resources/Disability Service or by contacting the Disabilities Coordinator.

### **A Note on Harassment, Discrimination and Sexual Misconduct**

Highland Community College seeks to assure all community members learn and work in a welcoming and inclusive environment. Title VII, Title IX, and College policy prohibit harassment, discrimination and sexual misconduct. Highland Community College encourages anyone experiencing harassment, discrimination or sexual misconduct to talk to report to the Vice President for Student Services, the Human Resources Director or complete an [online report](#) about what happened so that they can get the support they need and Highland Community College can respond appropriately.

There are both confidential and non-confidential resources and reporting options available to you. Highland Community College is legally obligated to respond to reports of sexual misconduct, and therefore we cannot guarantee the confidentiality of a report, unless made to a confidential resource. Responses may vary from support services to formal investigations. As a faculty member, I am required to report incidents of sexual misconduct and thus cannot guarantee confidentiality. I must provide our Title IX coordinator with relevant details such as the names of those involved in the incident. For more information about policies and resources or reporting options, please review our [Equity Grievance Policy](#).