



EFFECTIVE: SEPTEMBER 2004
CURRICULUM GUIDELINES

A. Division: **Education** Effective Date: **September 2004**

B. Department / Program Area: **Science and Technology** / **Sport Science** Revision New Course

If Revision, Section(s) Revised: **C**

Date of Previous Revision: **November 21, 2000**

Date of Current Revision: **September 2004**

C: **SPSC 2252** D: **Contemporary Health Issues** E: **3**

| Subject & Course No. | Descriptive Title | Semester Credits |
|--|--|------------------|
| F: Calendar Description: This course will provide students with knowledge of the current concepts in health. Students will learn how to promote healthy behaviour, build healthy lifestyles and prevent disease. Assessment of personal health status and looking at how to maintain a healthy balance with respect to body image, physical activity and avoidance of harmful habits will be investigated. | | |
| G: Allocation of Contact Hours to Type of Instruction / Learning Settings Primary Methods of Instructional Delivery and/or Learning Settings: Lecture / Practice Seminar Number of Contact Hours: (per week / semester for each descriptor) 3 hours lecture / 1 hour seminar Number of Weeks per Semester: 15 | H: Course Prerequisites: none | |
| | I: Course Corequisites: none | |
| | J: Course for which this Course is a Prerequisite none | |
| | K: Maximum Class Size: 35 | |
| L: PLEASE INDICATE: <input type="checkbox"/> Non-Credit <input type="checkbox"/> College Credit Non-Transfer <input checked="" type="checkbox"/> College Credit Transfer: SEE BC TRANSFER GUIDE FOR TRANSFER DETAILS (www.bccat.bc.ca) | | |

M: Course Objectives / Learning Outcomes

At the conclusion of this course, students will:

1. Possess the basic knowledge of contemporary health concepts.
2. Be able to utilize this knowledge to critically analyze consumer issues as they relate to the health and fitness field.
3. Be aware of the changing health care system.
4. Be familiar with how to build a healthy lifestyle.
5. Be familiar with preventing and fighting disease.
6. Be familiar with their own health status and related family history and attempt to modify their status to suit future needs.

N: Course Content:

1. Promoting healthy behaviour, health and wellness, gender differences and health status, improving health, behaviour change with respect to health.
2. The following topics, drawn upon or changed somewhat, to cover current trends or concerns in health behaviour.
 - 2.1. Consumerism and Health Care
 - 2.1.1. Choices and challenges for consumers
 - 2.1.2. Health care access
 - 2.1.3. Changing health care system
 - 2.1.4. Managing health care needs
 - 2.2. Managing Stress: Toward Prevention and Control
 - 2.2.1. What is stress?
 - 2.2.2. General adaptation syndrome
 - 2.2.3. Sources of stress
 - 2.2.4. Stress management
 - 2.3. Addiction and Addictive Behaviour
 - 2.3.1. Defining addiction
 - 2.3.2. The addictive process
 - 2.3.3. Types of addiction
 - 2.3.4. Treatments and recovery for addiction
 - 2.3.5. Confronting addiction
 - 2.4. Pharmaceutical Drugs
 - 2.4.1. Drug dynamics
 - 2.4.2. Drug use, abuse and interactions
 - 2.4.3. Prescription drugs
 - 2.4.4. Over-the-counter drugs
 - 2.4.5. Health medication choices
 - 2.5. Illicit Drugs
 - 2.5.1. Drug user profile
 - 2.5.2. Controlled substances
 - 2.5.3. Managing drug use behaviour
 - 2.6. Alcohol
 - 2.6.1. Physiological and behavioral effects of alcohol
 - 2.6.2. Alcoholism
 - 2.6.3. Recovery
 - 2.6.4. Managing alcohol behaviour

- 2.7. Tobacco and Caffeine
 - 2.7.1. Tobacco and social issues
 - 2.7.2. Physiological effects of tobacco
 - 2.7.3. Health hazards of smoking
 - 2.7.4. Smokeless tobacco
 - 2.7.5. Caffeine addiction
 - 2.7.6. Managing tobacco and caffeine
- 2.8. Cardiovascular Disease
 - 2.8.1. Types of heart disease
 - 2.8.2. Controlling the risks
 - 2.8.3. Gender issues
 - 2.8.4. Managing cardiovascular health
- 2.9. Cancer
 - 2.9.1. What causes cancer?
 - 2.9.2. Types of Cancer
 - 2.9.3. Facing and managing cancer
- 2.10. Environmental Health
 - 2.10.1. Population Issues
 - 2.10.2. Air, water, noise, land pollution
 - 2.10.3. Radiation
 - 2.10.4. Managing environmental pollution
- 2.11. Modern Maladies
 - 2.11.1. Respiratory ailments
 - 2.11.2. Neurological disorders
 - 2.11.3. Gender-related disorders
 - 2.11.4. Digestion-related disorders
 - 2.11.5. Musculoskeletal disorders
 - 2.11.6. Managing chronic ailments
- 2.12. Nutrition
 - 2.12.1. Health eating
 - 2.12.2. Obtaining essential nutrients
 - 2.12.3. Vegetarianism
 - 2.12.4. Food Safety: Increasing concerns
 - 2.12.5. Managing eating behaviour
- 2.13. Weight Balance and Body Image
 - 2.13.1. Body image
 - 2.13.2. Risk factors for obesity
 - 2.13.3. Managing weight
 - 2.13.4. Eating disorders
 - 2.13.5. Managing weight
- 2.14. Personal Fitness
 - 2.14.1. Benefits of regular physical activity
 - 2.14.2. Fitness Parameters
 - 2.14.3. Fitness-related injuries
 - 2.14.4. Planning a fitness program
 - 2.14.5. Managing fitness behaviour
- 2.15. Health Aging
 - 2.15.1. What is normal aging?
 - 2.15.2. Health care costs for aging
 - 2.15.3. Health challenges of the elderly
 - 2.15.4. Actions for healthy aging
 - 2.15.5. Reducing age-related risks

2.16. Death and Dying

- 2.16.1. Understanding death
- 2.16.2. Process of dying
- 2.16.3. Hospice and palliative care
- 2.16.4. Right to die and euthanasia
- 2.16.5. Managing life and death decisions

O: Methods of Instruction

Lecture
 Guest speakers
 Laboratories
 Seminars
 Videos
 Slides
 Overheads

P: Textbooks and Materials to be Purchased by Students

Donatelle, R. and L. Davis (2000), Access to Health, Allyn and Bacon, 6th Edition

Q: Means of Assessment

| | |
|-------------------------------|------------|
| Mid-term Evaluation | 20% |
| Major Assignments (2) | 40% |
| Final Examination | 25% |
| Preparation and Participation | <u>15%</u> |
| TOTAL: | 100% |

R: Prior Learning Assessment and Recognition: specify whether course is open for PLAR

 Course Designer(s)

 Education Council / Curriculum Committee Representative

 Dean / Director

 Registrar