

SUNY COLLEGE AT CORTLAND

HEALTH DEPARTMENT

HLH 210 - WELLNESS AND HEALTH PROMOTION

CREDIT HOURS: 3

INSTRUCTOR: DR. TRUNFIO

SEMESTER/YEAR: Spring 2009

TELEPHONE: 753-2976

LOCATION: Moffett 202

OFFICE: Moffett 208A

OFFICE HOURS: M (7-9) & T (4-7)

E-MAIL: tony.trunfio@cortland.edu

TEXTS & BIBLIOGRAPHIC MATERIALS REQUIRED:

Edlin, G., & Golanty, E. (2007). *Health and wellness* (9th ed.). Sudbury, MA: Jones & Bartlett Publishers.

RESOURCE BIBLIOGRAPHY UPON WHICH COURSE IS BASED:

Insel, P.M., & Roth, W.T. (2002). *Core concepts in health* (9th ed.). Boston: McGraw-Hill.

Powers, S.K., & Dodd, S.L. (2003). *Total fitness and wellness* (3rd ed.). San Francisco: Benjamin Cummings.

Siegel, B. S. (1998). *Prescriptions for living*. New York: HarperCollins.

COURSE DESCRIPTION

(A, M, W) Overview of concept of wellness. Emphasis is on development of a wellness lifestyle with focus on self-responsibility, environmental sensitivity, nutrition, physical fitness, and stress management. (3 cr. hr.)

COURSE ATTENDANCE POLICY

You are expected to attend and **PARTICIPATE** in class on a regular basis. If you are absent from class, you are still responsible for turning in any scheduled assignments on time and for being prepared the next class period if class is missed. Any in-class assignments that take place during an absence **CANNOT** be made up. If an assignment is turned in late, it will automatically be subject to a reduction in points. The final grade will continue to drop for each additional class period that passes before the assignment is turned in.

COURSE OBJECTIVES

Upon successful completion of HLH 210, the student will be able to:

1. Compare and contrast the various definitions of health.
2. Describe characteristics of a healthy individual in regards to the six dimensions of wellness.
3. Explain the effects of stress on the body and effective ways to manage it.
4. Develop a physical fitness program using the five components.

5. Demonstrate how to use food labels and the food pyramid to make informed nutritional choices.
6. Discuss the relationship between body image and weight management.
7. Analyze the effect that alcohol, tobacco, and other drugs have on society
8. Identify risk factors for developing different types of cancer.
9. Describe the various factors influencing patterns of sexual behavior and orientation.
10. Compare and contrast the effectiveness of various types of birth control methods in reducing pregnancy and the transmission of STDs and other infectious diseases.

EVALUATION OF STUDENT PERFORMANCE

- | | |
|-----------------|------------|
| 1. Exams (4) | 200 points |
| 2. Homework (5) | 100 points |

Grading Scale

97-100	A+	[290-300 pts]	77-79	C+	[230-238 pts]
94-96	A	[281-289 pts]	74-76	C	[221-229 pts]
90-93	A-	[269-280 pts]	70-73	C-	[209-220 pts]
87-89	B+	[260-268 pts]	67-69	D+	[200-208 pts]
84-86	B	[251-259 pts]	64-66	D	[191-199 pts]
80-83	B-	[239-250 pts]	60-63	D-	[179-190 pts]

COURSE BREAKDOWN

Chapter 1	Achieving Personal Health
Chapter 2	Mind-Body Communications
Chapter 3	Managing Stress
Chapter 4	Mental Health
Chapter 23	Violence Prevention

EXAM 1

Chapter 6	Weight Management
Chapter 5	Nutrition
Chapter 7	Physical Activity

EXAM 2

Chapter 10	Fertility
Chapter 8	Sexuality
Chapter 9	Pregnancy & Parenthood
Chapter 11	Sexually Transmitted Diseases

EXAM 3

Chapter 16	Drugs
Chapter 17	Tobacco Use
Chapter 18	Alcohol
Chapter 22	Aging & Dying

EXAM 4

COURSE SCHEDULE & ACTIVITIES

1/21 Syllabus/Achieving Personal Health (Ch. 1)

1/26 Mind-Body Communications (Ch. 2)

1/28 Managing Stress (Ch. 3)

2/2 Managing Stress (Ch. 3)

2/4 Mental Health (Ch. 4)

2/9 Mental Health (Ch. 4)

2/11 Mental Health (Ch. 4) [Video]

***DIAGNOSIS ASSIGNMENT** (NCSS, I: B2, CF- Assessment)

2/16 Violence Prevention (Ch. 23)

2/18 Violence Prevention (Ch. 23)

2/23 EXAM 1

- 2/25 Weight Management (Ch. 6)
- 3/2 Weight Management (Ch. 6)
***BODY COMP ASSIGNMENT** (NCSS, III: A1, CF- Assessment)
- 3/4 Nutrition (Ch. 5)
FOOD LOG ASSIGNMENT (NCSS, I: A2, CF- Assessment)
- 3/16 Physical Activity (Ch. 7)
- 3/18 Physical Activity (Ch. 7)
***TOMIK ASSIGNMENT** (NCSS, III: A4, CF- Assessment)
- 3/23 EXAM 2**
- 3/25 Fertility (Ch. 10)
- 3/30 Fertility (Ch. 10)
- 4/1 Sexuality (Ch. 8)
- 4/6 Sexuality (Ch. 8)

4/8 Pregnancy & Parenthood (Ch. 9)

4/13 Sexually Transmitted Diseases (Ch. 11)

4/15 EXAM 3

4/20 Drugs (Ch. 16)

4/22 Drugs (Ch. 16)

4/27 Tobacco (Ch. 17)

4/29 Alcohol (Ch. 18)

5/4 Aging & Dying (Ch. 22)

LETTER ASSIGNMENT (NCSS, VII: C1, CF- Responsibility)

5/11 EXAM 4 WILL TAKE PLACE DURING FINALS WEEK

SCHOOL OF PROFESSIONAL STUDIES

John Cottone, Interim Dean

Studio West, Room B-1

607-753-2701 / 2702

ACADEMIC INTEGRITY

The College is an academic community, which values academic integrity and takes seriously its responsibility for upholding academic honesty. All members of the academic community have an obligation to uphold high intellectual and ethical standards. For more information on academic integrity and how academic honesty can occur, please refer to the College Handbook, College Catalog, Code of Student Conduct and Related Policies, or go to <http://www.cortland.edu/COWRC/academicIntegrity.html>.

Dishonesty, plagiarism, cheating, and misrepresentation in documents by a student or students are extremely serious acts and will result in appropriate consequences which may include a failing grade. **It is expected that ideas that are taken from articles, books or electronic sources will be properly noted in all written work submitted.** It is important, once again, to realize that to copy or to paraphrase someone's work without proper referencing is plagiarism. Please read and become familiar with proper guidelines (APA, 5th edition) for referencing any materials used in your work. Failure to adhere to these guidelines constitutes plagiarism and will be treated as such.

STUDENTS WITH DISABILITIES

SUNY Cortland is committed to upholding and maintaining all aspects of the federal Americans with Disabilities Act of 1990 (ADA) and Section 504 of the Rehabilitation Act of 1973. If you are a student with a disability and wish to request accommodations, please contact the Office of Student Disability Services located in B-1 Van Hoesen Hall or call (607) 753-2066 for an appointment. Information regarding your disability will be treated in a confidential manner. Because many accommodations require early planning, requests for accommodations should be made as early as possible.