

# Northern Marianas College

## CURRICULUM ACTION REQUEST

Course: HE150 Personal Health

**Effective Semester / Session:** Fall 2022

**Type of Action:**

- New
- Modification
- Move to Inactive (Stop Out)
- Cancellation

**Course Alpha and Number:** HE150

**Course Title:** Personal Health

**Reason for initiating, revising, or canceling:**

This course guide is being modified to make a change in textbook edition and update the course guide in general to meet the required 3 year update.

Lisa Lunde



4/25/22

**Proposer**



Date

Velma Deleon Guerrero

4/21/2022

**Department Chair**

Date

Adam Walsh



04.21.22

**Language & Format Review Specialist**

Date

Ajani Burrell



04.21.22

**Academic Council Chair**

Date

Vilma S. Reyes



Apr 26, 2022

**Interim Dean of Learning & Student Success**

Date

Course: HE150 Personal Health

### 1. Department

Science, Math, Health & Athletics

### 2. Purpose

HE 150 is designed to introduce students to the issues of personal health and the lifetime benefits provided through establishing a healthy lifestyle. Personal Health emphasizes the importance of knowledge, attitudes, and practices relating to personal health. It is a course designed to expose students to a broad range of issues and information relating to the various aspects of personal health. Aspects of health include physical, social, emotional, intellectual, spiritual, environmental, occupational, and financial. Topics of exploration include, but are not limited to: the 8 dimensions of wellness, nutrition, physical fitness, infectious and non-infectious diseases, stress, legal and illegal drug use, personal safety.

### 3. Description

#### A. Required/Recommended Textbook(s) and Related Materials

Required:

Insel, Paul M., & Roth, Walton T. (2019/2021). Core Concepts in Health; Sixteenth or Seventeenth edition. New York, NY

Recommended: N/A

#### B. Contact Hours

1. **Lecture:** 3 per week / 45 per semester
2. **Lab:** None
3. **Other:** None

#### C. Credits

1. **Number:** 3
2. **Type:** Regular Degree Credits

#### D. Catalogue Course Description

This course introduces the fundamental aspects of human health issues through classroom discussion and health related projects, such as: nutrition, alcohol abuse, health-related physical fitness, stress management, and self-esteem maintenance. The course provides information and practical suggestions for achieving a suitable level of health. Prerequisites: None. English Placement Level: EN 095. Math Placement Level: None. (Offered Fall and Spring).

Course: HE150 Personal Health

**E. Degree or Certificate Requirements Met by Course**

A passing grade of a “C” or higher in this course fulfills the Health requirement for all NMC degrees except Nursing and the BS in Elementary Education.

**F. Course Activities and Design**

Face to Face Option: Course activities include lectures, small-group and class discussions, homework assignments, self-evaluation test, viewing and discussing relevant videotaped programs, listening to and reacting to guest speakers, keeping various charts/logs, periodic quizzes, a health project, and a comprehensive final exam. Students are required to participate fully in class discussions, read and discuss the textbook, complete assignments, and all other course assignments.

**4. Course Prerequisite(s); Concurrent Course Enrollment**

Prerequisites: EN085

Concurrent Course Enrollment: None

**Required English/Mathematics Proficiency Level(s)**

English Placement Level: EN095

Mathematics Placement Level: None

**5. Estimated Cost of Course; Instructional Resources Needed**

Cost to the Student: Tuition and fees for a 3-credit course; cost of textbook.

Cost to the College: Salary of instructor

Instructional resources needed for this course include: projector, library resources, replacement of expendable lab supplies, various health and sport devices (blood pressure, blood glucose, scale, calipers etc.) and photocopying costs for hand-outs.

**6. Method of Evaluation**

Student learning will be evaluated based on assignments, class labs and projects, unit quizzes and a comprehensive final exam. NMC's grading and attendance policies will be followed.

Course: HE150 Personal Health

**7. Course Outline**

This is a topical outline and does not necessarily indicate the sequence in which the material will be presented.

- 1.0 Taking Charge of Your Health
- 2.0 Dimensions of Wellness
- 3.0 Exercise for Health and Fitness
- 4.0 Nutrition Facts and Fallacies
- 5.0 Weight Management
- 6.0 Stress
- 7.0 Sexuality, Pregnancy, and Childbirth
- 8.0 Contraception and Abortion
- 9.0 The Use and Abuse of Drugs
- 10.0 Chronic Diseases
- 11.0 Sexually Transmitted Infections
- 12.0 The Challenge of Aging/Aging Gracefully
- 13.0 Personal Safety

Course: HE150 Personal Health

**8. Instructional Goals**

The course will introduce students to:

- 1.0 The nine dimensions of wellness;
- 2.0 What is stress and ways to successfully manage it;
- 3.0 Various contraception methods, abortion procedures, as well as pregnancy and childbirth;
- 4.0 Sexually transmitted infections and ways to avoid exposure to them;
- 5.0 Components of a healthful diet and how to apply it to one's own life;
- 6.0 Nutritional fact panels and labels on food packages and how they relate to the selecting of nutritional foods;
- 7.0 Basic components of physical fitness and the steps necessary to make it a part of your life;
- 8.0 Sources, effects, preventions of alcohol, psychoactive drugs, and tobacco use/abuse;
- 9.0 Chronic diseases: major forms, risk factors, preventions, and treatments; and
- 10.0 Aging process and ways to gracefully age.

Course: HE150 Personal Health

**9. Student Learning Outcomes**

Upon successful completion of this course, students will be able to:

- 1.0 Explain the nine dimensions of wellness;
- 2.0 Explain stress and stress management techniques;
- 3.0 Identify various contraceptive methods, abortion procedures, as well as pregnancy and childbirth concerns;
- 4.0 Discuss sexually transmitted infections and ways to avoid exposure to them;
- 5.0 Explain components of a healthful diet and how to apply it to one's own life;
- 6.0 Interpret nutritional fact labels on food packages;
- 7.0 Identify the basic components of physical fitness;
- 8.0 Describe sources, effects, and preventative measures of drug use;
- 9.0 Explain the major forms of chronic diseases, risk factors, preventions, and treatments;
- 10.0 Discuss graceful aging.

**10. Assessment Measures of Student Learning Outcomes**

Assessment of student learning may include, but not be limited to, the following:

- 1.0 Assignments;
- 2.0 Class Labs and Projects;
- 3.0 Classroom Discussions;
- 4.0 Unit Quizzes; and
- 5.0 Comprehensive Final Exam.






# HE150.2 (1)

Final Audit Report

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