

<p>Course Name: HLTH 102/3.0</p> <p>Physical Determinants of Health</p>	<p>Course Instructor: Mr. Freeman Woolnough</p>	<p>Contact Hours:</p> <p>Lectures: 3 x 1 hour/week / 12 weeks</p>									
		<p>Prerequisite:</p> <p>None</p>									
		<p>ONE-WAY Exclusion:</p> <p>May not be taken with or after 12.0 units in KNPE (formerly PPHE; PHED; KINE).</p> <p><u>NOTE:</u> Not available to students in a PHED or KINE Plan.</p>									
<p>Course Description: This course has been designed for undergraduate students who want to enhance their personal health awareness, knowledge, and practices. Through a combination of theoretical and experiential learning opportunities, this course offers an introduction to the concepts of health and wellness from a personal perspective. In-class lectures and assignments will help students learn to think critically about health information and their own health behaviours. A variety of evidence-based topics related to personal health and wellness will be presented by the instructor and guest lecturers, and supplemented by assignments that students will complete outside of class</p>		<p>Course Text: Insel, P. M., Roth W. T., Irwin, J. D., & Burke, S. M. (2016). Core Concepts in Health: Canadian Edition. McGraw-Hill Ryerson Limited (ISBN-13: 9781259105050)</p> <p>Additional course readings will be posted on the Queen's Library reserve and OnQ.</p>									
<p>Course Objectives:</p> <p>Successful students will be able to:</p> <ol style="list-style-type: none"> 1. Identify and explain terminology, concepts, and assumptions related to personal health and well-being. 2. Evaluate and critically appraise information and resources relevant to personal health. 3. Apply course content to one's own personal health practices. 	<p>Course Evaluation:</p> <p>The final grade for this course will be based on the following items weighted as indicated below:</p> <table> <tr> <td>1. Applying the CRAAP Test</td> <td>10%</td> </tr> <tr> <td>2. Health-Focused Apps</td> <td>15%</td> </tr> <tr> <td>3. Online Quizzes (Three quizzes x 5% each)</td> <td>15%</td> </tr> <tr> <td>4. Health Behaviour Self-Analysis</td> <td>20%</td> </tr> <tr> <td>5. Final Exam</td> <td>40%</td> </tr> </table>	1. Applying the CRAAP Test	10%	2. Health-Focused Apps	15%	3. Online Quizzes (Three quizzes x 5% each)	15%	4. Health Behaviour Self-Analysis	20%	5. Final Exam	40%
1. Applying the CRAAP Test	10%										
2. Health-Focused Apps	15%										
3. Online Quizzes (Three quizzes x 5% each)	15%										
4. Health Behaviour Self-Analysis	20%										
5. Final Exam	40%										
<p>Course Outline</p>											
Wellness and Personal Health	Responsible Use of Alcohol										
Achieving Wellness/Introduction to Personal Health Behaviour Change	Psychoactive Drugs										
National College Health Assessment	Tobacco and Smoking Behaviour										
Psychological Health	Sleep Basics; The Link Between Sleep and Health										
Stress; Managing Stress	Healthy Relationships and Sexual Violence										
Nutrition Basics; Making Informed Food Choices	Practicing Safe Sex; Sexually Transmitted Infections										
Exercise Basics; Physical Activity vs. Sedentary Behaviour	Conventional and Complimentary Medicine										