

HLT* 151 Health & Wellness Promotion
March 25th - May 19th , 2019

Professor: Cheri Goretti

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Course Description

This course will cover the concepts of health and wellness promotion as well as disease prevention and how they relate to the individual, the family, and the community. Topics include nutrition, exercise, teen pregnancy, and other social habits deemed harmful to an individual and/or community. Conditions such as sexually transmitted diseases, cardiovascular disease, obesity, and diabetes will be discussed. Emphasis will be placed on patient education and developing programs and/or finding the proper resources for various populations. 3 credits

Learning Outcomes

Upon completion of this course, the student will be able to:

- Describe concepts of health and wellness promotion.
- Demonstrate an understanding of disease transmission.
- Identify various techniques for disease prevention.
- Identify social habits harmful to an individual and/or community.
- Explain the benefits of proper nutrition and exercise.
- Demonstrate an understanding of various diseases and conditions that can affect a person's health.
- Provide patient education with regards to health, wellness, and disease prevention.

Course Specifics

The delivery of this course will be via Blackboard. Students will be required to log onto the course almost daily and participate in class discussions, projects, and assignments. As long as due dates are adhered to, students can work on the course on their own time and will not be required to log onto the course at a *specific* time of the day.

A major portion of the course involves the students to read and participate in class discussions. Students will not only be graded on the quality of their postings but also on the number of postings they have read. A discussion participation grading rubric will be posted in the "Course Specifics" thread.

No late discussion postings will be accepted or graded. Late written assignments or projects will be accepted for up to 5 days, and 2 points per day will be deducted.

The grading of discussion postings, written assignments, and projects, will not only be based on content of the discussion/written assignment but also graded on grammar, spelling, and other writing mechanics, as well as plagiarism. All sources used must be cited, and no copying directly

from websites or your text will be allowed. No use of abbreviations or "texting language" will be tolerated. Any posting or assignment found to be plagiarized will receive a grade of zero.

This is an online course, and as such, you all should have a backup system in the event your computer crashes, lose electricity, lose internet service, etc.

Also, please do not email me saying that you only have access to a computer one or two days a week and thus cannot post in the discussion board or submit an assignment. Or that you will be on vacation for a few days and will not have computer access. No computer excuses will be accepted and all due dates must be adhered to, regardless of your situation.

In the event that your computer crashes, etc. the college has plenty of computers available to students in both Danielson and Willimantic.

Also, I do not accept the excuse that you are new to online learning and do not know how to maneuver through the course or find something. That is why the college offers an orientation seminar for new students. Please take advantage of this seminar, it will save so much frustration on your part.

Lastly, all assignments must be sent to me through the Blackboard (Bb) email and not to my QVCC address. Assignments sent to my QVCC address risk the chance that it does not get graded. **Your written assignments must be typed into the body of an email and not sent as an attachment.**

Required Text

Health and Wellness 12th edition. Edlin and Golanty. Jones and Bartlett Publishers 2016

<http://www.healthypeople.gov/healthfinder/>

Evaluation

Weekly assignments – 130 points (Assignments will range from 5-50 points each)

Weekly discussions – 130 points (Each discussion thread is worth 10 points)

Final Project - 100 points

Total Attainable Points - 360 points

Course Outline – all weeks start on a Monday and end NOON on Sunday. No late discussions will be accepted after NOON on Sunday.

WEEK OF	CHAPTERS	DISCUSSION TOPIC	HOMEWORK	DUE DATE
March 25 th	1,2, & 3	1. Introduction 2. Health and Wellness - Post your goals for this class	Written Assignment: Each question is 5 points for a total of 25 points for this week.	March 31 st at NOON

		<p>as well as your personal goals for health and wellness</p> <p>3. Time management and stress reduction techniques, and test anxiety</p>	<ol style="list-style-type: none"> 1. Chapter 1 Critical Thinking Exercise # 1 and 2 2. Chapter 2 Critical Thinking Exercise #1, 4 3. Chapter 3 Critical Thinking Exercise #3 	
April 1 st	5,6 & 7	<ol style="list-style-type: none"> 1. Diet, obesity and exercise 	<p>Written Assignment: 50 points</p> <ol style="list-style-type: none"> 1. Food Diary and Analysis – keep track of your daily food and beverage intake and your exercise for four days. This project is worth 50 points. You must record (the best way to do this is to make a chart): <ol style="list-style-type: none"> a. Breakfast, lunch, dinner and snacks and any beverages, even water. B,L and D must be separated out. b. the name of the food c. serving size or amount d. calorie content for the service amount you ate. (If a food has 100 cal per serving and you ate 2 servings, that would be a total of 200 calories you ate) e. carbohydrate content f. fat content g. amount of protein h. sodium content i. Provide a total for each day j. Also keep track of your daily exercise. You can record that at the bottom of your day. k. Again, the best way to keep track of this is to make a chart for each day. After recording your food diary and exercise, write a report on 	April 7th at NOON

			<p>the healthiness of your diet, as well as ways to improve. Did anything about your daily food intake surprise you?</p> <p>Use the website below to help quantify calorie, carb, and fat values in foods. http://www.nutritiondata.com/</p> <p>Many smart phones and tablets have apps now that can help you find out the calories and other nutritional information you will need for this assignment. My Fitness Pal is one of those apps.</p> <p>You MUST submit your entire food diary chart and report to me via Blackboard email.</p>	
April 8 th	8,9,10, & 11	<ol style="list-style-type: none"> 1. Pregnancy and birth control issues 2. STD's/STI's transmission and prevention 3. Healthy Sexuality 	<p>Written Assignments: Each question is 5 points for a total of 10 points for this week.</p> <ol style="list-style-type: none"> 1. Chapter 8 Critical Thinking Exercise #4 2. Chapter 11 Critical Thinking Exercise #2 	April 14 th at NOON
April 15 th	12,13, 14	<ol style="list-style-type: none"> 1. Infectious disease 2. Cancer prevention 3. Cardiovascular disease 	<p>Written Assignment: Each questions is 5 points for a total of 15 points for this week.</p> <ol style="list-style-type: none"> 1. Chapter 12 Critical Thinking Exercise #1 2. Chapter 13 Critical Thinking Exercise #2 3. Chapter 14 Critical Thinking Exercise #3 	April 21 st at NOON
April 22 nd	16,17,18	<ol style="list-style-type: none"> 1. Drug use and abuse 2. Tobacco use 3. Alcohol use 	<p>Written Assignment: 10pts</p> <p>Distinguish between misuse, addiction, dependency, tolerance and withdrawal. Give examples of each along with symptoms.</p>	April 28 th

April 29 th	19,20,& 21	<ol style="list-style-type: none"> 1. Making Healthy Decisions 2. Alternative Health and Medicines 3. Accidents & Injuries 	<p>Written Assignment: Each question is 5 points for a total of 10 points for this week.</p> <ol style="list-style-type: none"> 1. Chapter 19 Critical Thinking Exercise #4 2. Chapter 21 Critical Thinking Exercise # 1 	May 5 th at NOON
May 6 th	4, 22, 23	<ol style="list-style-type: none"> 1. Mental health 2. Aging and dying 3. Violence in our society 	<p>Written Assignment: Each question is 5 points each for a total of 10 points for this week.</p> <ol style="list-style-type: none"> 1. Chapter 4 Critical Thinking #4 2. Chapter 22 Critical Thinking #4 	May 12 th at NOON

FINAL EXAM WEEK: FINAL PROJECT DUE MAY 14th.