# Syllabus

<table>
<thead>
<tr>
<th>Course Information</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Catalog Description</strong></td>
<td>This course is intended for any student interested in the benefits of a healthy lifestyle obtained through behavior changes. The course focuses on behaviors and lifestyle factors that affect individual well-being and disease. Emphasis is placed on how physical, emotional, social, intellectual, environmental, spiritual, and occupational wellness relates to overall health. Students earn certification in child abuse identification and reporting.</td>
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<tr>
<td><strong>Credit Hours</strong></td>
<td>3</td>
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<tr>
<td><strong>Lecture Contact Hours</strong></td>
<td>3</td>
</tr>
<tr>
<td><strong>Lab Contact Hours</strong></td>
<td>0</td>
</tr>
<tr>
<td><strong>Other Contact Hours</strong></td>
<td>0</td>
</tr>
<tr>
<td><strong>Grading Scheme</strong></td>
<td>Letter</td>
</tr>
</tbody>
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## Prerequisites

None

## Co-requisites

None

## First Year Experience/Capstone Designation


This course DOES NOT satisfy the outcomes applicable for status as a FYE or Capstone.

SUNY General Education

This course is designated as satisfying a requirement in the following SUNY Gen Ed category
None

FLCC Values

Institutional Learning Outcomes Addressed by the Course
None

Course Learning Outcomes

Course Learning Outcomes

1. Identify fundamental concepts related to health and wellbeing.

2. Complete a lifestyle behavior change (e.g. Stop smoking, begin an exercise regime, integrate a healthier diet).

3. Obtain certification for the recognition and reporting of child abuse.

4. Apply connections between course concepts and personal experience.

Outline of Topics Covered

I. Taking Charge of Your Health
   • Dimensions of Wellness
   • Choosing wellness
   • Lifestyle Management for reaching wellness
II. Stress: The Constant Challenge
   • Defining, sources, and managing stress
   • Stress and health
III. Psychological Health
   • Defining Psychological health and disorders
   • Suicide signs and prevention
   • Models of change and getting psychological help
IV. Nutrition Basics
   • Components of a healthy diet
   • Nutritional guidelines
   • Informed choices about food
V. Exercise for Health and Fitness
   • Defining physical fitness and activity
   • Benefits of exercise
   • How to design, start, and continue an exercise program
• Spread of disease
• Types of pathogens and disease

XVI. Environmental Health
• Population growth, air quality, water quality, solid waste, chemical pollution, radiation, and noise pollution defined and addressed
• Solutions and actions for environmental wellness

XVII. Conventional and Complementary Medicine
• Self-care and professional care
• Conventional, complementary, and alternative medicine

XVIII. Personal Safety
• Differentiating intentional and unintentional injuries
• Types of injuries / injury prevention
• Providing emergency care

XIX. The Challenge of Aging
• Dealing with aging challenges
• Life enhancing measures
• What is death
• Planning and coping with death and loss
• Coming to terms with death