



Critical Issues in Health
PESS205
Southwestern College Professional Studies

COURSE SYLLABUS

I. Course Catalog Description

Analysis of critical health issues, emphasizing personal responsibility for wellness. A holistic approach to mind and body interactions is utilized to facilitate awareness of the impact of health and physical activity on individual and social wellness.

II. Required and Supplementary Instructional Materials

Insel, P., & Roth, W. (2013). *Connect core concepts in health* (13th ed.). New York, NY: McGraw-Hill.

III. Learning Outcomes

Learning outcomes describe the knowledge, skills, values, and attitudes that learners gain as the result of a particular learning experience. Southwestern College Professional Studies has learning outcomes specific to each course and each [undergraduate](#) and [graduate](#) program of study, as well as [institution-wide outcomes](#) related to the mission and vision of the college. Outcomes can help learners and instructors focus on the big picture of the learning experience and can help inform potential employers about a graduate's knowledge and skills.

Upon successfully completing this course, the learner will be able to:

1. Explore individual and societal responsibilities for health.
2. Analyze major health issues and their impact.
3. Discuss the health benefits of physical activity.
4. Explain the benefits of personal physical fitness through assessment of cardio respiratory fitness, muscular fitness, flexibility, body composition, and health.
5. Discuss ways to improve cardio respiratory fitness, muscular fitness, flexibility, body composition, and health.
6. Summarize the basic principles of nutrition.
7. Analyze personal eating habits comparative to recommended guidelines for a healthy diet.
8. Compare differences and similarities of relationships, love, and sex.
9. Discuss common sexually transmitted diseases and methods of contraception.
10. Identify personal strengths through creation of a strengths development plan.
11. Develop self-discipline, personal organization and time management skills.
12. Examine the deep connections between mind, body and spirit.

At the end of the course, learners may vary in their ability to achieve these outcomes. You are more likely to achieve these outcomes only if you attend class and/or online activities as required by the syllabus, complete the requirements for all assignments to the best of your ability, participate actively in class activities and group work as directed, and study diligently for exams.

IV. Course Policies

Students are expected to read and abide by the course policies. located in the instructor-specific syllabus in the blackboard course

V. Course Requirements:

Requirements	Number of Assignments	Points Possible	Percent of Grade
Discussions	6	300	30%
Assignments	6	400	40%
Quizzes	6	300	30%
Total Points		1000	100%

VI. Course at a Glance:

Unit	Reading & Preparation Activities	Graded Work Due
1	<ul style="list-style-type: none"> – Read Insel & Roth, Chapters 1-3 – View PowerPoint lectures – Complete Introduction discussion – Read and complete the Unit 1 Assignment 	<ol style="list-style-type: none"> 1. Unit 1 Discussion 2. Unit 1 Assignment 3. Unit 1 Quiz
2	<ul style="list-style-type: none"> – Read Insel & Roth, Chapters 4-6 – View PowerPoint lectures – Read and complete the Unit 2 Assignment – Attend the Blackboard Collaborate session time/date TBA 	<ol style="list-style-type: none"> 1. Unit 2 Discussion 2. Unit 2 Assignment 3. Unit 2 Quiz
3	<ul style="list-style-type: none"> – Read Insel & Roth, Chapters 7-8 – View PowerPoint lectures – Read and complete the Unit 3 Assignment 	<ol style="list-style-type: none"> 1. Unit 3 Discussion 2. Unit 3 Assignment 3. Unit 3 Quiz
4	<ul style="list-style-type: none"> – Read Insel & Roth, Chapters 12-14 – View PowerPoint lectures – Read and complete the Unit 4 Assignment 	<ol style="list-style-type: none"> 1. Unit 4 Discussion 2. Unit 4 Assignment 3. Unit 4 Quiz
5	<ul style="list-style-type: none"> – Read Insel & Roth, Chapters 15-17 – View PowerPoint lectures – Read and complete the Unit 5 Assignment 	<ol style="list-style-type: none"> 1. Unit 5 Discussion 2. Unit 5 Assignment 3. Unit 5 Quiz
6	<ul style="list-style-type: none"> – Read Insel & Roth, Chapters 21-23 – View PowerPoint lectures – Read and complete the Course Reflection Assignment 	<ol style="list-style-type: none"> 1. Unit 6 Discussion 2. Course Reflection Assignment 3. Unit 6 Quiz

VII. Other Policies and Requirements

Follow this link to the Southwestern College Professional Studies [Standard Syllabus](#) in Blackboard. You may be required to log in.