

Syllabus for HWM300

Introduction to Human Health

Course Description

This course is designed to provide students with general background knowledge on many of the issues impacting our health today. Topics of study will include issues in mental, physical and social health such as stress, nutrition and fitness, alcohol, tobacco and other drugs, relationships and sexuality and diseases and disorders. An introduction to behavior change theories and the factors contributing to overall wellness will also be included.

Prerequisite(s)

UWCCO BIO 101 Concepts of Biology or equivalent.

Course Outcomes

Upon completing this course, you will be able to do the following:

- Gain fundamental knowledge of the major areas of human health and how these areas either contribute to optimal health or premature illness.
- Analyze major contributing factors to human health and ways in which individuals can be encouraged to improve health.
- Comprehend concepts related to health promotion and disease prevention.

Course Requirements/Components

Lectures:

A PowerPoint video lesson corresponds with the content focus of each week. Most PowerPoint lecture videos are about 30 to 35 slides in length. Take notes on the weekly PowerPoint lecture-video lessons to highlight key concepts. There is a transcript available for each lecture; just click on the "Transcript" button to download a PDF.

Assignments:

The assignments have been designed to assess your personal wellness, your learning of concepts discussed in the lessons, and your ability to apply what you are learning. For most assignments, you will be asked to write a reflection as part of the assignment. A thoughtful reflection involves deeper level thinking; connecting results and concepts to your personal experience and learning; applying concepts and making links; thinking about the implications; sharing

changes and growth in thinking and understanding; comparing and contrasting; giving examples, pondering questions, and speculating on the answers.

To develop your ability to apply discipline-specific standards of communication and express your thoughts in writing in a succinct, grammatically correct, organized fashion (including appropriate grammar, word choice, clarity, punctuation, formatting), your written skills will be evaluated along with the content of your work. Specific instructions and a rubric used in the evaluation will accompany each assignment.

Quizzes:

A 10-point multiple-choice quiz will correspond with each week’s PowerPoint lecture-video lesson and readings. The purpose of these quizzes is to reinforce key concepts and give me (as the instructor) feedback regarding student comprehension of concepts covered in the PowerPoint lecture-videos and readings. You may have two attempts at each quiz and the best score will be recorded.

Grading

The following grading scale will be used to evaluate all course requirements and to determine your final grade:

Activity	Possible Points
Assignments (12 total)	20 points each (totaling 240 points)
40 point Assignment (1 total)	40 points
Quizzes (14 total)	10 points each (totaling 140) points

** If you turn in assignments or participate in discussion late during the week, points will be deducted.

Grading Scale:

- A 90-100%
- B 80-89%
- C 70-79%
- D 60-69%
- F At or below 59%