



**M:** Course Objectives / Learning Outcomes

At the conclusion of this course, students will:

1. Possess the basic knowledge of contemporary health concepts.
2. Be able to utilize this knowledge to critically analyze consumer issues as they relate to the health and fitness field.
3. Be aware of the changing health care system.
4. Be familiar with how to build a healthy lifestyle.
5. Be familiar with preventing and fighting disease.
6. Be familiar with their own health status and related family history and attempt to modify their status to suit future needs.

**N:** Course Content:

1. Promoting healthy behaviour, health and wellness, gender differences and health status, improving health, behaviour change with respect to health.
2. The following topics, drawn upon or changed somewhat, to cover current trends or concerns in health behaviour.
  - 2.1. Consumerism and Health Care
    - 2.1.1. Choices and challenges for consumers
    - 2.1.2. Health care access
    - 2.1.3. Changing health care system
    - 2.1.4. Managing health care needs
  - 2.2. Managing Stress: Toward Prevention and Control
    - 2.2.1. What is stress?
    - 2.2.2. General adaptation syndrome
    - 2.2.3. Sources of stress
    - 2.2.4. Stress management
  - 2.3. Addiction and Addictive Behaviour
    - 2.3.1. Defining addiction
    - 2.3.2. The addictive process
    - 2.3.3. Types of addiction
    - 2.3.4. Treatments and recovery for addiction
    - 2.3.5. Confronting addiction
  - 2.4. Pharmaceutical Drugs
    - 2.4.1. Drug dynamics
    - 2.4.2. Drug use, abuse and interactions
    - 2.4.3. Prescription drugs
    - 2.4.4. Over-the-counter drugs
    - 2.4.5. Health medication choices
  - 2.5. Illicit Drugs
    - 2.5.1. Drug user profile
    - 2.5.2. Controlled substances
    - 2.5.3. Managing drug use behaviour
  - 2.6. Alcohol
    - 2.6.1. Physiological and behavioral effects of alcohol
    - 2.6.2. Alcoholism
    - 2.6.3. Recovery
    - 2.6.4. Managing alcohol behaviour

- 2.7. Tobacco and Caffeine
  - 2.7.1. Tobacco and social issues
  - 2.7.2. Physiological effects of tobacco
  - 2.7.3. Health hazards of smoking
  - 2.7.4. Smokeless tobacco
  - 2.7.5. Caffeine addiction
  - 2.7.6. Managing tobacco and caffeine
  
- 2.8. Cardiovascular Disease
  - 2.8.1. Types of heart disease
  - 2.8.2. Controlling the risks
  - 2.8.3. Gender issues
  - 2.8.4. Managing cardiovascular health
  
- 2.9. Cancer

2.16. Death and Dying

- 2.16.1. Understanding death
- 2.16.2. Process of dying
- 2.16.3. Hospice and palliative care
- 2.16.4. Right to die and euthanasia
- 2.16.5. Managing life and death decisions

**O:** Methods of Instruction

Lecture  
 Guest speakers  
 Laboratories  
 Seminars  
 Videos  
 Slides  
 Overheads

**P:** Textbooks and Materials to be Purchased by Students

Donatelle, R. and L. Davis (2000), Access to Health, Allyn and Bacon, 6<sup>th</sup> Edition

**Q:** Means of Assessment

Mid-term Evaluation	20%
Major Assignments (2)	40%
Final Examination	25%
Preparation and Participation	<u>15%</u>
TOTAL:	100%

**R:** Prior Learning Assessment and Recognition: specify whether course is open for PLAR