



HPE- 1200- Concepts of Wellness

INSTRUCTOR: Danielle Balsamo

COURSE CATALOG: This fundamental course covers a broad spectrum of health-related topics to make students aware of the causes of mental and physical illnesses and their prevention, and demonstrates how lifestyle, perceptions, and decisions affect health. Guidelines and criteria presented to determine good mental, emotional, and physical health. Opportunities for personal assessment.

REQUIRED READING: The required course reading is as follows:

Health 100 Version 3 – Available online through link provided:

<https://www.kbcc.cuny.edu/collegenow/syllabus/documents/HealthScience100V3.pdf>

Purpose of the Course: The purpose of this course is for students to demonstrate knowledge and understanding of health issues to make healthy personal lifestyle choices. This course is designed for students to learn and understand personal wellness, which encompasses lifestyles, perceptions, attitudes, behavior, and health decisions. Guidelines and criteria based on research findings are the basis for judgments about suitable physical, emotional, interpersonal, mental/intellectual, environmental, and spiritual wellness. This class is asynchronous; we will not be meeting.

Course Objectives:

1. Students are to recognize the six dimensions of wellness.
2. Students will be able to appraise sources of stress, analyze the adverse effects of stress, and apply coping strategies.
3. Students are to recognize the benefits of exercise, the importance of improving or maintaining their physical fitness throughout their lifespan, and the relationship of fitness to personal wellness.
4. Students will design a personalized general fitness program inclusive of aerobic and anaerobic (weight training/strength training) for a healthy lifestyle.
5. Students will be able to evaluate factors that lead to drug, alcohol, and tobacco addiction and learn about treatments/interventions to break these bad habits.
6. Students will be able write a personal wellness plan for themselves.

READING ASSIGNMENTS

You are responsible for thoroughly reading and studying all assignments in the text BEFORE class.

You must read all the appropriate text pages in advance of each class meeting and be prepared to answer questions.

CLASSWORK

Class hours will be devoted to highlighting critical areas in the text, clarifying course content and practicing skills.

EXAMS

Mid-term – There will be a written midterm to assess your understanding in the form of a personal wellness plan.

Final - The written final exam will be through a project which will be assigned during the course.

GRADING

1. Participation & midterm (40 points)
2. Final Project (20 points)
3. Discussion posts (40 points) Total Points
= (100 points)

CLASS ETIQUETTE

Please come with enthusiasm and be ready to learn! You are expected to be engaged and fully participate in every class. Cell phones must be silenced and cannot be used during class. **DO NOT USE YOUR CELLPHONES!**

You are responsible for all the material in this syllabus. Please bring it with you to every class and refer to it for exam dates and topics being covered. You are fully responsible if you miss an exam date because you have lost or did not consult this syllabus.

Access-Ability Services (AAS) serves as a liaison and resource to the KCC community regarding disability issues, promotes equal access to all KCC programs and activities, and makes every reasonable effort to provide appropriate accommodations and assistance to students with disabilities. Your instructor will make the accommodation you need once you provide documentation from the Access-Ability office (D-205). Please contact AAS for assistance. Please do so in a timely manner and well in advance of when accommodation is needed.

Week	Topic for Discussion
1	Introduction to Course <ul style="list-style-type: none">• Review of Syllabus & Student Expectations• Taking Charge of your Health
2	Stress- the constant challenge <ul style="list-style-type: none">• Dealing with stress• Monitoring your stress levels• Stress & Mental Health
3	Mental Health <ul style="list-style-type: none">• Disorders
4	Mental Health <ul style="list-style-type: none">• Support
5	Nutrition
6	Exercise for Health & Fitness
7	Cardiovascular Disease
8	Cancer
9	Immunity & Infectious Disease
10	Personal Wellness Plans