

Course Name: HLTH 102/3.0	Course Instructor: TBD	Contact Hours: Lectures: 3 x 1 hour/week / 12 weeks
Physical Determinants of Health		Prerequisite: None
		ONE-WAY Exclusion: May not be taken with or after 12.0 units in KNPE (formerly PPHE; PHED; KINE). <u>NOTE:</u> Not available to students in a PHED or KINE Plan.
Course Description: This course has been designed for undergraduate students who want to enhance their personal health awareness, knowledge, and practices. Through a combination of theoretical and experiential learning opportunities, this course offers an introduction to the concepts of health and wellness from a personal perspective. In-class lectures and assignments will help students learn to think critically about health information and their own health behaviours. A variety of evidence-based topics related to personal health and wellness will be presented by the instructor and guest lecturers, and supplemented by assignments that students will complete outside of class		Course Text: Insel, P. M., Roth W. T., Irwin, J. D., & Burke, S. M. (2012). Core Concepts in Health: Canadian Edition. McGraw-Hill Ryerson Limited (ISBN-10: 0070969302, ISBN-13: 9780070969308) Additional course readings will be posted on the course onQ page.
Course Objectives: Successful students will be able to: 1. Identify and explain terminology, concepts, and assumptions related to personal health and well-being. 2. Evaluate and critically appraise information and resources relevant to personal health. 3. Apply course content to one’s own personal health practices.		Course Evaluation: The final grade for this course will be based on the following items weighted as indicated below: 1. Healthy Lifestyle Assessment –15 % (Part 1: 5%; Part 2: 10%) 2. Applying the CRAAP Test - 10% 3. Online Quizzes (Three quizzes x 5% each) - 15% 4. Health Behaviour Self-Analysis – 20 % (Part 1: 5%; Part 2: 5%; Part 3: 10%) 5. Final Exam - 40%
Course Outline		
Wellness and Personal Health		Responsible Use of Alcohol
Achieving Wellness/Introduction to Personal Health Behaviour Change		Psychoactive Drugs

National College Health Assessment	Tobacco and Smoking Behaviour
Psychological Health	
Stress; Managing Stress	Sleep Basics; The Link Between Sleep and Health
Nutrition Basics; Making Informed Food Choices	Healthy Relationships and Sexual Violence
Exercise Basics; Physical Activity vs. Sedentary Behaviour	Practicing Safe Sex; Sexually Transmitted Infections
	Conventional and Complimentary Medicine