

Montgomery County Community College
 ESW 236
 Personal Health and Wellness
 3-3-0

COURSE DESCRIPTION:

This course assists the student in assimilating strategies to assess current lifestyle behaviors that promote personal, community and global health behavior changes across the lifespan. The student explores each of the Six Dimensions of Wellness, including physical, social, emotional, environmental, intellectual, and spiritual elements involved in achieving a healthy lifestyle.

REQUISITES:

Previous Course Requirements

None

Concurrent Course Requirements

None

LEARNING OUTCOMES Upon successful completion of this course, the student will be able to:	LEARNING ACTIVITIES	EVALUATION METHODS
1. Apply the six dimensions of wellness to healthy lifestyle decisions across the lifespan.	Lecture Case Studies Group Discussions Written Assignments Student Presentations Research Project Journal entries Behavior Change Project Self-assessments	Written examinations Research Project Presentations Relationship Interview Case Study
2. Discuss the role of overall wellness in the prevention of disease.	Lecture Case Studies Group Discussions Written Assignments Student Presentations Research Project Journal entries Behavior Change Project Self-assessments	Written examinations Research Project Presentations Relationship Interview Case Study

LEARNING OUTCOMES	LEARNING ACTIVITIES	EVALUATION METHODS
3. Evaluate current level of wellness in all dimensions using measurable self-assessment tools as a benchmark for change.	Lecture Case Studies Group Discussions Written Assignments Student Presentations Research Project Journal entries Behavior Change Project Self-assessments	Research Project Presentations Case Study Behavior Change Plan
4. Implement a behavior change plan.	Lecture Case Studies Group Discussions Written Assignments Student Presentations Research Project Journal entries Behavior Change Project Self-assessments	Behavior Change Plan

At the conclusion of each semester/session, assessment of the learning outcomes will be completed by course faculty using the listed evaluation method(s). Aggregated results will be submitted to the Associate Vice President of Academic Affairs. The benchmark for each learning outcome is that *70% of students will meet or exceed outcome criteria.*

SEQUENCE OF TOPICS:

- A. Health in Perspective
 - Definitions and the Meaning of Health and Wellness
 - Six Dimensions of Wellness
 - Historical Perspectives
- B. Mental & Emotional Health
 - Psychosocial Wellness and Mental Illness
 - Stress Management
 - Sleep
- C. Nutrition, Weight Management and Physical Fitness
 - Nutrition for overall wellness
 - Energy Balance for weight management
 - Components of Health-Related Fitness
- D. Diseases and Healthy Aging
 - Cancer, Cardiovascular Disease, Diabetes
 - Infectious diseases
 - Healthy aging
 - Complementary and Alternative Medicine
- C. Addictive Behaviors
 - Drugs and alcohol

- D. Healthy Relationships
 - Reproduction and birth control
 - Characteristics of healthy relationships
- E. Environmental Wellness

LEARNING MATERIALS:

Relevant Open Educational Resource's are used for this course such as http://wps.aw.com/bc_donatelle_access_13/

Other learning materials may be required and made available directly to the student and/or via the College's Libraries and/or course management system.

COURSE APPROVAL:

Prepared by: Amanda Wooldridge and Dr. Anne Livezey Date: 10/2014

VPAA/Provost or designee Compliance Verification: Victoria L. Bastecki-Perez, Ed.D. Date: 12/2014

Revised by: Dr. Anne Livezey Date: 12/2017

VPAA/Provost or designee Compliance Verification: Date: 1/10/2018



This course is consistent with Montgomery County Community College's mission. It was developed, approved and will be delivered in full compliance with the policies and procedures established by the College.