

## **HLTH 150 Personal Health and Wellness--3CREDITS**

### **SYLLABUS**

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#### **CATALOG DESCRIPTION**

This course is designed to study the various aspects of personal health and wellness, including the emotional, physical, social, occupational, spiritual, environmental and intellectual components. The class looks at the nature, scope, and function of major health considerations. This class does not meet the physical education activity requirement for the AA degree.

Prerequisites:

None

Semester Offered:

Fall, Spring

#### ***Common Student Learning Outcomes***

*Upon successful completion of San Juan College programs and degrees, the student will demonstrate competency in...*

##### **Broad and Specialized Learning**

Students will actively and independently acquire, apply, and adapt skills and knowledge with an awareness of global contexts.

##### **Critical Thinking**

Students will think analytically and creatively to explore ideas, make connections, draw conclusions and solve problems.

##### **Cultural and Civic Engagement**

Students will act purposefully, reflectively, and ethically in diverse and complex environments.

##### **Effective Communication**

Students will exchange ideas and information with clarity in multiple contexts.

##### **Information Literacy**

Students will be able to recognize when information is needed and have the ability to locate, evaluate, and use it effectively.

##### **Integrating Technologies**

Students will demonstrate fluency in the application and use of technologies in multiple contexts.

*Student work from this class may be randomly selected and used anonymously for assessment of course, program, and/or institutional learning outcomes. For more information, please refer to the Dean of the appropriate School.*

#### **Course Learning Outcomes**

Upon successful completion of the course, the student will be able to...

- Show knowledge of each chapter by written exams or comment papers

- Participate in classroom discussions concerning the health topics
- Journal per each class reaction and application to the individuals
- Participate in classroom debates
- Analysis of personal health and wellness issues by written exams

A copy of this approved syllabus is on file in the dean's office.

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