

UW UCC Appr 9/14/04
Senate Info 11/2/04 04-12

Undergraduate Distance Education Review Form

(Required for all courses taught by distance education for more than one-third of teaching contact hours)

SEP 24 2004

Existing and Special Topics Course

RECEIVED
AUG - 5 2004
LIBERAL STUDIES

Course: HPED 143 Health and Wellness

Instructor of Record: Dr. Robert Kostelnik phone: 7-7645 e-mail: bkostel@iup.edu
Mr. Robert Alman

Step One: Department or its Curriculum Committee

The committee has reviewed the proposal to offer the above course using distance education technology, and responds to the CBA criteria as follows:

- 1. Will an instructor who is qualified in the distance education delivery method as well as the discipline teach the course? Yes No
- 2. Will the technology serve as a suitable substitute for the traditional classroom? Yes No
- 3. Are there suitable opportunities for interaction between the instructor and student? Yes No
- 4. a. Will there be suitable methods used to evaluate student achievement? Yes No
- b. Have reasonable efforts been made to insure the integrity of evaluation methods (academic honesty)? Yes No

5. Recommendation: Positive (The objectives of the course can be met via distance education.)

Negative

Madeline Palysto - Bygones 8-02-04
signature of department designee date

If positive recommendation, immediately forward copies of this form and attached materials to the Provost and the Liberal Studies Office for consideration by the University-Wide Undergraduate Curriculum Committee. Dual-level courses also require review by Graduate Committee for graduate-level offering. Send information copies to 1) the college curriculum committee, 2) dean of the college, and 3) Dean of the School of Continuing Education.

Step Two: UNIVERSITY-WIDE UNDERGRADUATE CURRICULUM COMMITTEE

Positive recommendation

Negative recommendation

Gail Schriest Sept. 24, 2004
signature of committee chair date

Forward this form to the Provost within 24 calendar days after review by committee.

Step Three: Provost

Approved as distance education course

Rejected as distance education course

Mr. Bay 9/24/04
signature of Provost date

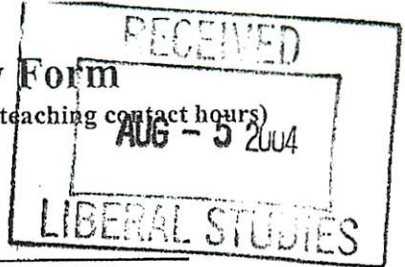
Step Four:

Forward materials to Dean of the School of Continuing Education.

04-12

Undergraduate Distance Education Review Form

(Required for all courses taught by distance education for more than one-third of teaching contact hours)



SEP 24 2004

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Mr. Robert Alman

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Positive (The objectives of the course can be met via distance education.)

Negative

M. Palumbo - Byggs 8-02-04
signature of department designee date

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date

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HPED 143 Health and Wellness Distance Education Proposal

**Dr. Robert Kostelnik
Mr. Bob Alman**

Responses to Criteria

1. Will an instructor who is qualified in the distance education delivery method as well as the discipline teach the course?

Both Dr. Bob Kostelnik and Mr Bob Alman have taught the HPED 143 Health and Wellness content for over 20 years each and teach multiple sections each semester at IUP

Dr. Bob Kostelnik has taught an online version of HED 143 Health and Wellness at another institution for over five years prior to coming to IUP. He developed this course and updated it each semester using Blackboard software with 40 students enrolled in each section.

Mr. Bob Alman has attended training session for WebCT at IUP and has used the software as an ancillary to his courses at IUP for a few years.

2. Will the technology serve as a suitable substitute for the traditional classroom?

The lecture material and the hands on activities are suitable for this format and will encourage the students to develop self discovery skills in addition to completing scheduled assignments. The physical activity portion will be completed with regular activity in a self paced format with the students keeping an exercise log that will be verified by a fitness professional near the location of the student.

3. Are there suitable opportunities for interaction between the instructor and student?

The online software affords opportunities for students to be involved in the class with the instructor and other students via an active online bulletin board, email assignments, and discussion board. Assignments will prompt students to complete a self inventory of their current health status and discuss results with the instructor.

4. Will there be suitable methods used to evaluate student achievement?

Have reasonable efforts been made to insure the integrity of evaluation methods?

The online course software affords some protection of evaluation methods. A wide variety of evaluation methods will be used so that students are evaluated on a wide scope to identify an academic dishonesty. All evaluation techniques will use all the safe guards available.

Restrictions:

Must be enrolled in one of the following Level(s):

Graduate

Undergraduate

HPED 142 - Found Health Phys Ed & Sport**Credits:** 3.00

Historical, philosophical, and psychosocial foundations of health and physical education are introduced. Specific emphasis is given to scientific theories and principles in such areas as health promotion and behavioral change, exercise physiology, motor development, kinesiology, and motor learning.

Lecture: 3.00**College:** College of Health and Hum Serv**Department:** Health and Physical Education**Restrictions:**

Must be enrolled in one of the following Level(s):

Graduate

Undergraduate

HPED 143 - Health & Wellness**Credits:** 3.00

Introduces the student to the major components of wellness: contemporary nutrition issues as they relate to personal food choices, physical fitness, stress management, sexually transmitted diseases, AIDS, and substance abuse. Completion of HPED 143 fulfills the Liberal Studies Health and Wellness requirement.

Lecture: 3.00**College:** College of Health and Hum Serv**Department:** Health and Physical Education**Restrictions:**

Must be enrolled in one of the following Level(s):

Graduate

Undergraduate

HPED 145 - Tennis**Credits:** 1.00

Fundamentals and techniques of tennis.

Lecture: .00 **Lab:** 2.00**College:** College of Health and Hum Serv

Robert Kostelnik

Course Information

[[Top](#)] : [[Welcome](#)]

Current Location: Welcome

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HPE 143, Health and Wellness . . . , is a three credit online course at Indiana University of Pennsylvania offered for the semester.

I would like to take this opportunity to welcome you to the online version of the course. I look forward to communicating with you as an online student. I hope that this online experience will be enjoyable.

To be successful as an online student you must be an independent learner who can work well on your own. You need to be self-directed and motivated with good time management skills. If you need the traditional classroom experience with face-to-face interaction between students and instructor to be a successful learner, then an online course probably is not for you.

Best wishes for a successful and healthy semester.

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Robert Kostelnik

Course Information

[[Top](#)] : [[General Information](#)]

Current Location: General Information

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Course Title: Health and Wellness

Course Number: HPE 143

Prerequisite: None

Credits: 3

Instructor: Dr. Bob Kostelnik

Mailbox Location:

Message at College:

Online Office Hours: Via e-mail

Semester:

Day and Time: Online

E - mail: ..

Home Phone:

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Robert Kostelnik

Course Information

Current Location: Course Description

This course is designed to provide an overview of personal health and wellness. Emphasis will be given to the major components of a healthy lifestyle and reduction of major risk factors for chronic degenerative diseases. Topical areas include, but are not limited to, exercise and fitness, nutrition, smoking, alcohol, substance use and abuse, stress management, emotional wellness, sexuality and sexually transmitted diseases. In addition, the student will be guided in the development of individualized wellness planning.

Robert Kostelnik

Course Information

[[Top](#)] : [[Course Materials](#)]

Current Location: Course Materials

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Donnatelle and Davis. *Health: The Basics*. Fourth Edition. Allyn and Bacon Publishers, Needham Heights, MA. 2004.

The textbook publishers website ... instructions to access this site are inside the front cover of the textbook.

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Robert Kostelnik

Course Information

Current Location: Course Goals

General Course Objectives

At the completion of this course, the student will:

1. Demonstrate a personal philosophy and self-responsibility for health and wellness.
2. Demonstrate knowledge specific to exercise and fitness, nutrition and weight control, stress management, substance abuse and other contemporary issues in wellness.
3. Describe and demonstrate behavioral strategies used for promotion of personal health and wellness and behavior change.
4. Participate in organized learning activities designed to measure aerobic capacity, strength and flexibility, and to promote cardiovascular health, exercise/physical activity, stress management, healthy nutritional habits and weight control.
5. Plan and implement an individualized wellness program that is both informative and directed towards the reduction of personal health risk factors.

Robert Kostelnik

Course Information

[[Top](#)] : [[Grading Policies](#)]

Current Location: Grading Policies

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10 Module Worksheets	= 10 points each	---	100 total
3 Unit Examinations	= 80 points each	---	240 total
1 Daily Food Record	= 20 points	---	20 total
1 Health Topic Paper	= 100 points	---	100 total
3 Web Site Reports	= 25 points each	---	75 total
Discussion Board Use	= 100 points	---	100 total
1 Exercise Log	= 65 points	---	65 total

TOTAL: 700 points

90%	=	A
89% - 80%	=	B
79% - 70%	=	C
69% - 60%	=	D
59%	=	F

Students who miss a test or deadline to submit material will receive a "0" for that test. It is important for the student to remember that all delays in the completion of the module and unit assignments are potentially detrimental to the effective and efficient class functioning and should be avoided.

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Robert Kostelnik

Courses & Documents

[[Top](#)] : [[Unit I Outline \(Modules 1 - 3\)](#)]

Current Location: Unit I Outline (Modules 1 - 3)

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Unit I Details

MODULE 1

Chapter 1 "Promoting Healthy Behavior Change"

Completion date:

MODULE 2

Chapter 11 "Personal Fitness: Improving Your Health Through Exercise"

Completion date:

MODULE 3

Chapter 12 "Cardiovascular Disease and Cancer: Reducing Your Risks"

Completion date:

UNIT I EVALUATION

Completion date:

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Robert Kostelnik

Course : 2021111111

[[Top](#)] : [[Unit II Outline \(Modules 4 - 6\)](#)]

Current Location: Unit II Outline (Modules 4 - 6)

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Unit II Details

MODULE 4

Chapter 9 "Nutrition Eating For Optimum Health"

Completion date:

MODULE 5

Chapter 10 "Managing Your Weight: Finding a Healthy Balance"

Completion date:

MODULE 6

Chapter 2 "Psychosocial Health: Achieving Mental, Emotional, Social, and Spiritual Health"

Chapter 3 "Managing Stress: Toward Prevention and Control"

Completion date:

UNIT II EVALUATION

Completion date:

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Robert Kostelnik

Course Documents

[[Top](#)] : [[Unit III Outline \(Modules 7 - 10\)](#)]

Current Location: Unit III Outline (Modules 7 - 10)

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Unit III Details

MODULE 7

Chapter 13 "Infectious and Noninfectious Conditions: Risks and Responsibilities"

Completion date:

MODULE 8

Chapter 7 "Licit and Illicit Drug Use: Understanding Addictions"

Chapter 8 "Alcohol, Tobacco, and Caffeine: Unacknowledged Addictions"

Completion date:

MODULE 9

Chapter 4 "Intentional and Unintentional Injuries: Staying Safe in a Violent World"

Chapter 5 "Healthy Relationships and Sexuality: Making Commitments"

Completion date:

MODULE 10

Chapter 6 "Birth Control, Pregnancy, and Childbirth: Managing Your Fertility"

Completion date:

UNIT III EVALUATION

Completion date:

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Robert Kostelnik

Course Information

[[Top](#)] : [[Worksheet Instructions](#)]

Current Location: Worksheet Instructions

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Worksheet Instructions

In the Assignment section you will find the Quizzes (Worksheets for Modules 1 - 10) folder that contains the worksheets for each module. Each module worksheet will contain five 2 point short answer questions. Type your response in the box provided for each question and click the submit button at the bottom of the worksheet to send it to me. Please ignore the computer generated score. I will e-mail your score after I review the worksheet. You should submit each module by the date specified in the instructions for that specific Module. (Each worksheet is 10 points possible).

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Robert Kostelnik

Course Information

[\[Top \]](#) : [\[Health Topic Paper Instructions \]](#)

Current Location: Health Topic Paper Instructions

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Health Topic Paper Instructions

Please choose any health topic that interests you and write a three page paper discussing that topic. Make your topic as specific as possible and avoid papers that are an overview. Please list all of your references. You can mail the paper to me or you can type it with your word processing software and copy and paste it into an e-mail message to submit. If you wish to discuss your topic with me, please e-mail your questions. This assignment needs to be submitted by _____ (100 points possible)

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Robert Kostelnik

Course information

[[Top](#)] : [[Weblink Report Instructions](#)]

Current Location: Weblink Report Instructions

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Weblink Report Instructions

You will be asked to visit several weblinks (Internet sites) in each of the Modules. These weblinks can be accessed via your textbook website. You need to submit a two to three paragraph report of one of the weblinks that you visited for each of the three units.

I am interested in knowing what you thought of the site and what new information you found. You can type the report with your word processing software and copy and paste it into an e-mail message to submit to me. Remember to submit a report for each unit not each module. Each report is 25 points possible for a total of 75 points possible.

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Robert Kostelnik

Course Information

[[Top](#)] : [[Discussion Board Posting Instructions](#)]

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Discussion Board Posting Instructions

In the Communication section, you will find an icon for the Discussion Board. Please use this function when you need to post responses to assignments in each Module. You will be able to review responses submitted by other students in the course and they will be able to view your responses. Your participation in the Discussion Board is worth a possible 100 points.

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Robert Kostelnik

Course Information

[[Top](#)] : [[Daily Food Record Instructions](#)]

Current Location: Daily Food Record Instructions

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Daily Food Record Instructions

Keep a daily food record for two consecutive days. You are not being evaluated on what you eat or drink but on your ability to determine the calorie and fat content of the food that you eat or drink. Please organize your food record into four columns:

- 1) Time of day food is consumed
- 2) Food/Amounts
- 3) Calories
- 4) Fat (grams)

You can type the report with your word processing software and copy and paste it into an e-mail message to submit to me. (20 points possible)

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Robert Kostelnik

Course Information

[[Top](#)] : [[Textbook Website Use](#)]

Current Location: Textbook Website Use

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Textbook CD Loading and Use

The textbook publisher has made available a website to accompany the textbook that you are using. Follow the instructions inside the front cover of your textbook to gain access to this material. The instructions for the Modules will ask you to listen to audio clips, view video clips, visit Weblinks (Internet sites), and to use the practice tests on the textbook website. All of these activities are very valuable to your success in the course.

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Robert Kostelnik

Course Information

[[Top](#)] : [[Unit Evaluations](#)]

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Unit Evaluations

UNIT I EVALUATION

Includes Modules 1,2, and 3

Includes Chapters 1,11, and 12

Dates available:

Type of test: Online

Type of questions: Multiple Choice and True/False

80 points possible

UNIT II EVALUATION

Includes Modules 4, 5, and 6

Includes Chapters 2, 3, 9, and 10

Dates available:

Type of test: Online

Type of questions: Short Answer

80 points possible

UNIT III EVALUATION

Includes Modules 7, 8, 9, and 10

Includes Chapters 4, 5, 6, 7, 8, and 13

Dates available:

Type of test: Online

Type of questions: Multiple Choice and True/False

80 points possible

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Course Information

[[Top](#)] : [[Exercise Log Instructions](#)]

Current Location: Exercise Log Instructions

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Course Information

Keep an Exercise Log for the duration of the semester. You should keep track of the following information about your exercise sessions:

- 1) Date activity was performed
- 2) Type of activity (jogging, weight training, hiking, etc.)
- 3) Approximate duration of activity

Examples:

Monday September 4th
Performed Tae-Bo workout video
1 hour

Thursday September 7th
Brisk walk (30 minutes)/stretching
1 hour

You can keep track of your exercise log with your word processing software and copy and paste it into an e-mail message to submit to me prior to . (65 points possible)

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Assignments

[Top] : [[Unit I \(Modules 1 - 3\)](#)]

Current Location: Unit I (Modules 1 - 3)

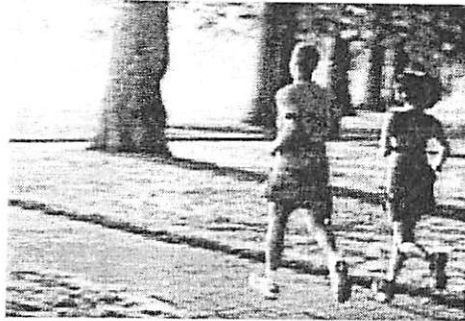
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MODULE 1

INTRODUCTION TO WELLNESS AND HEALTH PROMOTION



OBJECTIVES:

- Define health and wellness, and explain the interconnected roles of the physical, social, mental, emotional, environmental, and spiritual dimensions of health.
- Discuss the health status of Americans, the factors that contribute to health, and the importance of *Healthy People 2000/2010* objectives in establishing national goals for promoting health and preventing premature death and disability.
- Evaluate the role of gender in health status and health research.
- Identify the leading causes of death and the lifestyle patterns associated with the reduction of risks.
- Examine how predisposing factors, beliefs, attitudes, and significant others affect your behavior changes.
- Survey behavior change techniques and how to apply them to personal situations.
- Apply decision-making techniques to behavior changes.

ASSIGNMENTS:

1. Read Chapter 1 of the textbook "Promoting Healthy Behavior Change"
2. Open textbook website for Chapter 1:
 - a. Click to view the three video clips that are available in this chapter.
 - b. Click to listen to the three audio clips that are available in this chapter.
3. Open textbook website for Chapter 1, click to visit at least five of the sixteen weblinks that are available in this chapter. You should find one item of interest to you at each weblink. You will spend approximately 5 - 10 minutes at each

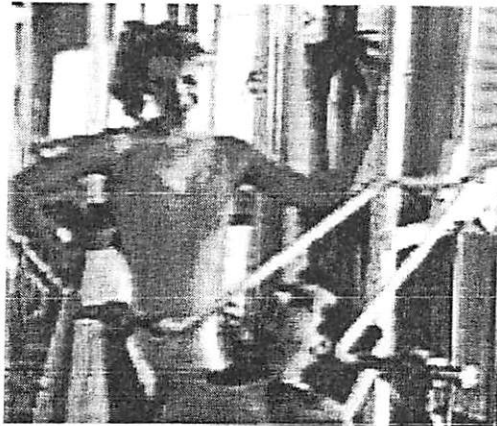
- site. (You may choose one of these web sites to write one of your three web site reports.)
4. Complete Worksheet #1 found in the Assignment section. Click to submit, deadline is
 5. Open textbook website for Chapter 1 and complete the practice test.
 6. Open the textbook website for Chapter 1 and complete the Review of Key Terms (activities 1.3 and 1.6) under the Activities button and complete other activities that are of interest to you.
 7. Post a short statement on the Discussion Board in the Communication section to highlight one concept that you learned in this module that you plan to incorporate as a personal preventive lifestyle strategy.
 8. Post any questions about this module that you may have on the Discussion Board in the Communication section so that others in the class can benefit from your questions or you can e-mail them to me directly.
 9. The information in this module will be a portion of Unit I Test that is scheduled to be available from (
 10. The DEADLINE for this module is



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MODULE 2

PERSONAL FITNESS



OBJECTIVES:

- Describe the benefits of regular physical activity, including improved cardio-respiratory efficiency, body mass, weight control, stress management and mental health, physical fitness and lifespan.
- Describe the components of an aerobic exercise program and how to determine proper exercise frequency, intensity, and duration.
- Describe the different stretching exercises designed to improve flexibility.
- Compare the various types of resistance exercise programs, including the methods of providing external resistance and intended physiological benefits.
- Describe common fitness injuries, suggest ways to prevent injuries, and list the treatment process.
- Summarize the key components of a personal fitness program.

ASSIGNMENTS:

1. Read Chapter 11 of the textbook "Personal Fitness: Improving Your Health Through Exercise"
2. Open textbook website for Chapter 11:
 - a. Click to view the two video clips that are available in this chapter.
 - b. Click to listen to the three audio clips that are available in this chapter.
3. Open textbook website for Chapter 11, click to visit five of the sixteen weblinks that are available in this chapter . You should find one item of interest to you at each weblink. You will spend approximately 5 - 10 minutes at each site. (You may choose one of these web sites to write one of your three web site reports.)
4. Complete Worksheet #2 found in the Assignment section. Click to submit, deadline is !
5. Open textbook website for chapter 11 and complete the practice test.
6. Open textbook website for Chapter 11 and complete the Review of Key Terms (activities 11.3, 11.8, 11.11, 11.13, 11.16 and 11.21) under the Activities button and complete other activities that are of interest to you.
7. Post a short statement on the Discussion Board in the Communication section to highlight one concept that you learned in this module that you plan to incorporate as a personal preventive lifestyle strategy.
8. Post any questions about this module that you have on the Discussion Board in the Communication section so that others in the class can benefit from your questions or you can e-mail me directly.
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10. The DEADLINE for this module is



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MODULE 3

CARDIOVASCULAR DISEASE AND CANCER



OBJECTIVES:

- Describe the anatomy and physiology of the heart and the circulatory system.
- Review the various types of heart disease and their diagnosis and treatments.
- Discuss the controllable risk factors for cardiovascular disease. Examine the risk factors you cannot control.
- Discuss the issues uniquely concerning women in relationship to cardiovascular disease.
- Discuss some of the new methods of diagnosis and treatment of cardiovascular disease.
- Define *cancer* and discuss how cancer develops.
- Discuss the probable causes of cancer, including biological causes, occupational and environmental causes, social and psychological causes, chemicals in foods, viral causes, medical causes, and combined causes.
- Understand and act in response to self-exams, medical exams, and symptoms related to different types of cancers.
- Discuss cancer detection and treatment, including radiation therapy, chemotherapy, and immunotherapy.

ASSIGNMENTS:

1. Read Chapter 12 of the textbook "Cardiovascular Disease and Cancer: Reducing Your Risks".
2. Open textbook website for Chapter 12:
 - a. Click to view the two video clips that are available in this chapter.
 - b. Click to listen to the four audio clips that are available in this chapter.
3. Open textbook website for Chapter 12, click to visit five of the nineteen weblinks that are available in this chapter. You should find one item of interest to you at each weblink. You will spend approximately 5 - 10 minutes at each site. (You may choose one of these web sites to write one of your three web site reports).
4. Complete Worksheet #3 found in the Assignment section. Click to submit, deadline is
5. Open textbook website for Chapter 12 and complete the practice test.
6. Open the textbook website for Chapter 12 and complete the Review of Key Terms (activities 12.3, 12.5, 12.10, 12.12, 12.15, 12.17, 12.19, 12.22, and 12.26) under the Activities button and complete other activities that are of interest to you.
7. Post a short statement on the Discussion Board in the Communication section to highlight one concept that you learned in this chapter that will have an affect on your preventive lifestyle strategies.
8. Post any questions about this module that you may have on the Discussion Board in the Communication section so that others in the class can benefit form your questions or you can e-mail them to me directly.
9. The information in this module will be a portion of Unit Test 1 that is scheduled to be available from
10. The DEADLINE for this module is



[Download this document in RTF format](#)

UNIT I EVALUATIONS

1. Unit I is comprised of Modules 1, 2, and 3 which includes Chapters 1, 11, and

12. To complete Unit I evaluations you should have:
 - a. Completed and submitted a Worksheet for Modules 1, 2, and 3.
 - b. Submitted via e-mail one report of one weblink that you visited in Module 1, 2, or 3. (Instructions are detailed for this assignment under the Course Information section).
 - c. Posted on the Discussion Board a short statement of one concept that became important to you. There should be one for each of the three Modules.
2. You need to complete the Unit I Test which will be 80 multiple choice and true or false questions from Module 1, 2, and 3. This test will be available online and can be found in the Assignment section from
This is a closed book test.
3. You can complete and submit your Health Topic Paper now or any time throughout the semester. (Instructions are detailed for this assignment under the Course Information section).

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Assignments

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Current Location: Unit II (Modules 4 - 6)

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MODULE 4 THE NUTRITIONAL BASIS FOR A HEALTHY LIFESTYLE



OBJECTIVES:

- Examine the factors that influence dietary decisions and show how the Food Group Pyramid can help break bad habits.
- Explain major essential nutrients (water, proteins, carbohydrates, fiber, fats, vitamins, and minerals) and indicate their purpose in maintaining your overall health.
- Define the different types of vegetarianism and discuss possible health benefits and risks.
- Describe the unique problems college students may have when trying to eat healthy foods and the actions they can take to comply with the food pyramid.
- Explain some of the food safety concerns of which consumers should be aware, including food irradiation, food-borne illnesses, food allergies, and other food health concerns.

ASSIGNMENTS:

1. Read Chapter 9 of the textbook "Nutrition: Eating for Optimum Health."
2. Open textbook website for Chapter 9:
 - a. Click to view the three video clips that are available for this chapter.
 - b. Click to listen to the four audio clips that are available in this chapter.
3. Open textbook website for Chapter 9, click to visit five of the fourteen weblinks that are available in this chapter. You will spend approximately 5-10 minutes at each site. (You may choose one of these web sites to write one of your three web site reports).
4. Complete worksheet #4 found in the Assignments section. Click to submit, deadline is
5. Open textbook website for Chapter 9 and complete the practice test.

6. Open textbook website for Chapter 9 and complete the Review of Key Terms (activities 9.3, 9.6, 9.8, 9.10, and 9.14) under the Activities button and complete other activities that are of interest to you.
7. Daily Food Record (20 points possible): Keep a daily food record for two consecutive days. You are not being evaluated on what you eat or drink, but on your ability to determine the calorie and fat content of the food that you eat and drink. Please organize your food record into four columns:

Time of Day Food is Consumed Food/Amounts Calories Fat (grams)

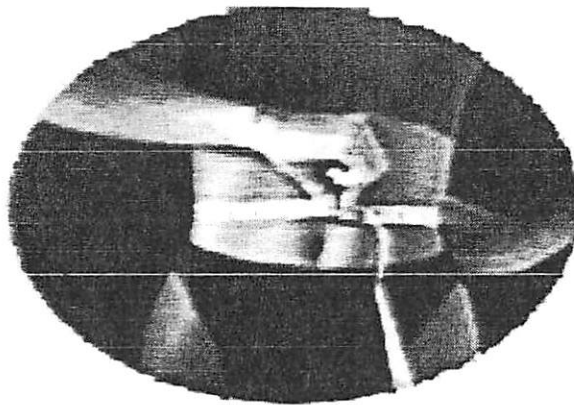
You can type the report with your word processing software and copy and paste it into an e-mail message to submit to me.

8. Post a short statement on the Discussion Board in the Communication section to highlight one concept that you learned in this module that you plan to incorporate as a personal preventive lifestyle strategy.
9. Post any questions about this module that you have on the Discussion Board in the Communication section so that others in the class can benefit from your questions or you can e-mail them to me directly.
10. The information in this module will be a portion of Unit II Test that is scheduled to be available from
11. The DEADLINE for this module is



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MODULE 5 MAINTAINING A DESIRABLE BODY WEIGHT



OBJECTIVES:

- Describe how healthy weight is determined both by weight and in terms of body content; describe the major techniques for body content assessment.
- Describe those factors that place people at risk for problems with obesity.
- Discuss the roles of exercise, dieting, nutrition, "miracle diets," and other strategies in weight control.
- Describe the three major eating disorders and explain the health risks of these conditions.

ASSIGNMENTS:

1. Read Chapter 10 of the textbook "Managing Your Weight: Finding a Healthy Balance"
2. Open textbook website for Chapter 10:
 - a. Click to view the video clip that is available in this chapter.
 - b. Click to listen to the four audio clips that are available in this chapter.
3. Open textbook website for Chapter 10, click to visit five of the nine weblinks that are available in this chapter. You will spend approximately 5-10 minutes at each site. (You may choose one of these web sites to write one of your three web site reports)
4. Complete worksheet #5 found in the Assignment section. Click to submit, deadline is
5. Open textbook website for Chapter 10 and complete the practice test.
6. Open textbook website for Chapter 10 and complete the Review of Key Terms (activities 10.2, 10.3, 10.6, 10.1, and 10.14) under the Activities button and complete other activities that are of interest to you.
7. Post a short statement on the Discussion Board in the Communication section to highlight one concept that you learned in this module that you plan to incorporate as a personal preventive lifestyle strategy.
8. Post any questions about this module that you have on the Discussion Board in the Communication section so that others in the class can benefit from your questions or you can e-mail them to me directly.
9. The information in this module will be a portion of Unit II Test that is scheduled to be available from
10. The DEADLINE for this module is



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MODULE 6 STRESS MANAGEMENT



OBJECTIVES:

- Define psychosocial health in terms of its mental, emotional, social, and spiritual components, and identify the basic elements shared by psychosocial healthy people.
- Identify the internal and external factors influencing psychosocial health.

- Discuss the positive steps you can take to enhance your psychosocial health.
- Identify and describe common psychosocial problems, and explain their causes and available treatments.
- Illustrate the warning signs of suicide and what actions can be taken to help a suicidal individual.
- Evaluate the role gender plays in diagnoses of mental health and the risks for selected mental health problems.
- Identify the different types of mental health professionals, popular types of therapy, and strategies for selecting a good therapist.
- Define stress and examine how stress may have direct and indirect effects on your immune system and on your overall health status.
- Explain the three phases of the general adaptation syndrome and describe what happens physiologically when you perceive a threat.
- Discuss psychosocial, environmental, and self-imposed sources of stress.
- Examine the health risks that may occur with chronic stress.
- Examine how evolving societal expectations may cause new kinds of stress.
- Examine the special stressors that affect college students.
- Explore techniques for managing stress.

ASSIGNMENTS:

1. Read Chapter 2 and 3 of the textbook "Psychosocial Health: Achieving Mental, Emotional, Social, and Spiritual Wellness" and "Managing Stress: Toward Prevention and Control".
2. Open textbook website for Chapter 2:
 - a. Click to view the three video clips that are available in this chapter.
 - b. Click to listen to the three audio clips that are available in this chapter.
3. Open textbook website for Chapter 3:
 - a. Click to view the three video clips that are available in this chapter.
 - b. Click to listen to the three audio clips that are available in this chapter.
4. Open textbook website for Chapter 2, click to visit five of the sixteen weblinks that are available in this chapter. Open the textbook website for Chapter 3, click to visit five of the sixteen weblinks that are available in this chapter. You will spend approximately 5-10 minutes at each site. (You may choose one of these web sites to write one of your three web site reports.)
5. Complete worksheet #6 found in the Assignment section. Click to submit, deadline is _____).
6. Open textbook website for Chapter 2 and complete the practice test. Open textbook website for Chapter 3 and complete the practice test.
7. Open the textbook website for Chapter 2 and 3 and complete the Review of Key Terms (activities 2.2, 2.6, 2.9, 2.14, 2.18, 3.3, 3.4, 3.6, 3.9, and 3.14) and complete other activities that are of interest to you.
8. Post a short statement on the Discussion Board in the Communication section to highlight one concept that you learned in this module that you plan to incorporate as a personal preventive lifestyle strategy.
9. Post any questions about this module that you have on the Discussion Board in the Communication section so that others in the class can benefit from your questions or you can e-mail them to me directly.
10. The information in this module will be a portion of Unit II Test that is scheduled to be scheduled from _____
11. The DEADLINE for this module is _____



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UNIT II EVALUATIONS

1. Unit II is comprised of Modules 4, 5, and 6 which includes Chapters 2, 3, 9, and 10. To complete Unit II evaluations you should have:
 - a. Completed and submitted a Worksheet for Modules 4, 5, and 6.
 - b. Submitted via e-mail one report of one weblink that you visited in Modules 4, 5, and 6. (Instructions are detailed for this assignment under the Course Information section.)
 - c. Posted on the Discussion Board a short statement of one concept that became important for you. There should be one for each of the three modules.
 - d. Submitted via e-mail a Daily Food Record for Module 4 (Instructions are detailed for this assignment under the Course Information section.)
2. You need to complete the Unit II Test which will be 40 short answer questions from Modules 4, 5, and 6. This test will be available online and can be found in the Course Document Section from
This is an open book test.
3. You can complete and submit your Health Topic Paper now or anytime throughout the semester. (Instructions are detailed for this assignment under the Course Information section).

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Assignments

[Top] : [Unit III (Modules 7 - 10)]

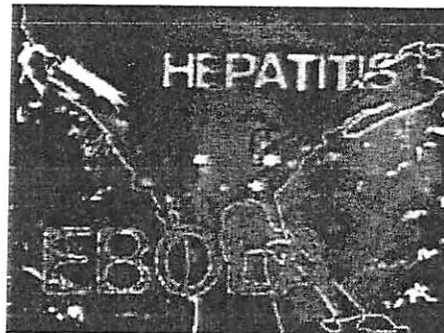
Current Location: Unit III (Modules 7 - 10)

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MODULE 7 HIV, SEXUALLY TRANSMITTED DISEASES, AND INFECTIOUS AND NONINFECTIOUS DISEASES



OBJECTIVES:

- Discuss the risk factors for infectious diseases, including those you can control and those you cannot.
- Describe the most common pathogens.
- Discuss the immune system and explain the role of vaccinations in fighting disease.
- Discuss the various sexually transmitted infections, their means of transmission, and actions that prevent the spread of STIs.
- Discuss the transmission, symptoms, treatment, and prevention of transmission of the HIV virus.
- Identify common respiratory disorders.
- Explain the common neurological disorders, including the varied types of headaches and seizure disorders.
- Describe the common gender disorders, risk factors for these conditions, their symptoms, and methods of their control or prevention.
- Discuss diseases of the digestive system, including their symptoms, prevention, and control.
- Discuss the varied musculoskeletal diseases and their effects on the body.

ASSIGNMENTS:

1. Read Chapter 13 of the textbook "Infectious and Noninfectious Conditions: Risks and Responsibilities"
2. Open textbook website for Chapter 13:
 - a. Click to view the three video clips that are available in this chapter.
 - b. Click to listen to the three audio clips that are available in this chapter.

3. Open textbook website for Chapter 13, click to visit five of the twenty-two weblinks that are available in this chapter. You should find one item of interest to you at each weblink. You will spend approximately 5-10 minutes at each site. (You may choose one of the web sites to write one of your three web site reports.)
4. Complete Worksheet #7 found in the Assignment section. Click to submit, deadline is
5. Open textbook CD to media index for Chapter 13 and complete the practice test.
6. Open the textbook website for Chapter 13 and complete the Review of Key Terms (activities 13.3, 13.7, 13.9, 13.15, 13.21, 13.23, 13.26, 13.28, 13.31, and 13.32) under the Activities button and complete other activities that are of interest to you.
7. Post a short statement on the Discussion Board in the Communication section to highlight one concept that you learned in this module that you plan to incorporate as a personal preventive lifestyle strategy.
8. Post any questions about this module that you may have on the Discussion Board in the Communication section so that others in the class can benefit from your questions or you can e-mail them to me directly.
9. The information in this module will be a portion of UNIT III Test that is scheduled to be available from
10. The DEADLINE for this module is



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MODULE 8

UNDERSTANDING DRUG AND ALCOHOL USE AND ABUSE

**ALCOHOL
WARNING**



OBJECTIVES:

- Distinguish addictions from habits and identify the signs of addiction.
- List the six categories of drugs and explain the routes of administration that drugs take into the body.
- Discuss proper drug use and explain how hazardous drug interactions occur.
- Discuss the types of over-the-counter drugs and general precautions to be taken with them.
- Identify the key questions you should ask in order to make intelligent decisions about drug use.
- Discuss patterns of illicit drug use, including who uses illicit drugs and why they use them.
- Describe the use and abuse of controlled substances, including cocaine, amphetamines, marijuana, opiates, psychedelics, deliriants, designer drugs.

and inhalants.

- Profile over all illegal drug use in the United States, including frequency, financial impact, arrests for drug offenses, and impact on the workplace.
- Summarize the alcohol use patterns of college students and discuss overall trends in consumption.
- Explain the physiological and behavioral effects of alcohol, including blood alcohol concentration, absorption, metabolism, and immediate and long-term effects of alcohol consumption.
- Explain the symptoms and causes of alcoholism, its cost to society, and its effects on the family.
- Explain the treatment of alcoholism, including the family's role, varied treatment methods, and whether or not alcoholics can be cured.
- Discuss the social issues involved in tobacco use, including advertising and the medical costs associated with tobacco use.
- Review how smoking affects a smoker's risk for cancer, cardiovascular disease, and respiratory diseases, and how it adversely affects a fetus's health.
- Discuss the risks associated with using smokeless tobacco.
- Evaluate the risks to nonsmokers associated with environmental tobacco smoke.
- Describe strategies people adopt to quit using tobacco products, including strategies aimed at breaking the nicotine addiction as well as habit.
- Compare the benefits and risks associated with caffeine, and summarize the health consequences of long-term caffeine use.

ASSIGNMENTS:

1. Read Chapter 7 and 8 of the textbook "Licit and Illicit Drug Use: Understanding Addictions" and "Alcohol, Tobacco, and Caffeine: Unacknowledged Addictions"
2. Open textbook website for Chapter 17:
 - a. Click to view the two video clips that are available in this chapter.
 - b. Click to listen to the eight audio clips that are available in this chapter.
3. Open textbook website for Chapter 8:
 - a. Click to view the three video clips that are available in this chapter.
 - b. Click to listen to the eight audio clips that are available in this chapter.
4. Open textbook website for Chapter 7, click to visit five of the twenty weblinks that are available in this chapter.
5. Open textbook website for Chapter 8, click to visit five of the twenty-seven weblinks that are available in this chapter.
6. Complete worksheet #8 found in the Assignments section. Click to submit, deadline is _____
7. Open textbook website for Chapter 7 and complete the practice test. Open textbook website for Chapter 8 and complete the practice test.
8. Open the textbook website for Chapters 7 and 8 and complete the Review of Key terms (activities 7.3, 8.3, 8.6, 8.9, 8.13, 8.18, 8.20, 8.22, 8.24, 8.26, and 8.28) under the Activities button and complete the other activities that are of interest to you.
9. Post a short statement on the Discussion Board in the Communication Section to highlight one concept that you learned in this module that you plan to incorporate as a personal preventive lifestyle strategy.
10. Post any questions about this module that you have on the Discussion Board in the Communication Section so that others in the class can benefit from your questions or you can e-mail them to me directly.
11. The information in this module will be a portion of UNIT III Test that is scheduled to be available from _____
12. The DEADLINE for this module is _____



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MODULE 9 VIOLENCE, ABUSE, AND HEALTHY RELATIONSHIPS



OBJECTIVES:

- Discuss factors that contribute to violence in U.S. society.
- Discuss violence in the United States, including homicide, bias and hate crimes, gang violence, and campus violence.
- Discuss domestic violence (abuse against men, women, and children committed by their family members) and its causes.
- Describe sexual victimization, including sexual assault, rape, date rape, and sexual harassment, and why it happens.
- Identify the steps you can take to prevent personal assaults at home, on the street, in your community, or in your car.
- Explain the characteristics of intimate relationships, the purposes they serve, and the types of intimacy that each of us may be able to have.
- Explain how relationships develop and describe the factors that influence their formation and maintenance.
- Discuss what remaining single means for many Americans.
- Examine child-rearing practices in the United States and the importance of a healthy family environment.
- Discuss the warning signs of relationship decline, where you can go to get help with a relationship decline, where you can go to get help with a relationship in crisis, and factors that ultimately lead to relationship problems.
- Define sexual identity, and discuss the role of gender identity.
- Identify the components of male and female reproductive anatomy and physiology and their functions.
- Discuss the options available for the expression of one's sexuality.

- Classify sexual dysfunctions and describe each disorder.
- Learn to develop your own sexual identity.

ASSIGNMENTS:

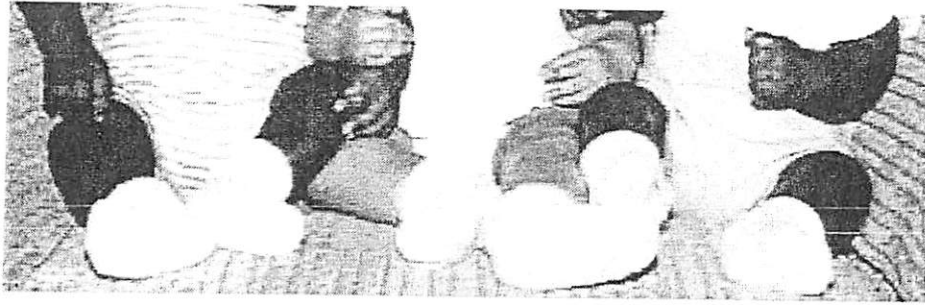
1. Read Chapter 4 and 5 of the textbook "Intentional and Unintentional Injuries: Staying Safe in a Violent World" and "Healthy Relationships and Sexuality: Making Commitments".
2. Open textbook website for Chapter 4:
 - a. Click to view the three video clips that are available in this chapter.
 - b. Click to listen to the three audio clips that are available in this chapter.
3. Open textbook website for Chapter 5:
 - a. Click to view the video clip that is available in this chapter.
 - b. Click to listen to the four audio clips that are available in this chapter.
4. Open textbook website for Chapter 4, click to visit five of the thirteen weblinks that are available in this chapter. Open textbook website for Chapter 5, click to visit five of the twenty-two weblinks that are available in this chapter. You should find one item of interest to you at each weblink. You will spend approximately 5 - 10 minutes at each site. (you may choose one of these web sites to write one of your three web site reports.)
5. Complete worksheet #9 found in the Assignments Section. Click to submit, deadline is
6. Open textbook website for Chapter 4 and complete the practice test. Open textbook website for Chapter 5 and complete the practice test.
7. Open the textbook website for Chapters 4 and 5 and complete the Review of Key Terms (activities 4.2, 4.11, 4.17, 5.1, 5.7, 5.9, 5.14, 5.17, 5.21, 5.25, and 5.29) under the Activities button and complete the other activities that are of interest to you.
8. Post a short statement on the Discussion Board in the Communication Section to highlight one concept that you learned in this module that you plan to incorporate as a personal preventive lifestyle strategy.
9. Post any questions about this module that you have on the Discussion Board in the Communication Section so that others in the class can benefit from your questions or you can e-mail them to me directly.
10. The information in this module will be a portion of UNIT III Test that is scheduled to be available from
11. The DEADLINE for this module is



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MODULE 10 CONTRACEPTIVES AND PREGNANCY





OBJECTIVES:

- List permanent and reversible contraceptive methods, discuss their effectiveness in preventing pregnancy and sexually transmitted diseases, and describe how these methods are used.
- Summarize the legal decisions surrounding abortion and the various types of abortion procedures used today.
- Discuss emotional health, maternal health, financial evaluation, and contingency planning in terms of your own life's goals as aspects that you should consider before becoming parents.
- Explain the importance of prenatal care and the process of pregnancy.
- Describe the basic stages of childbirth as well as some of the complications that can arise during labor and delivery.
- Review some of the primary causes of and possible solutions to infertility.

ASSIGNMENTS:

1. Read Chapter 6 of the textbook, "Birth Control, Pregnancy, and Childbirth: Managing Your Fertility"
2. Open textbook website for Chapter 6:
 - a. Click to view the video clip that is available in this chapter.
 - b. Click to listen to the two audio clips that are available in this chapter.
3. Open textbook website for Chapter 6, click to visit five of the twenty-one weblinks that are available in this chapter. You should find one item of interest to you at each weblink. You will spend approximately 5 - 10 minutes at each site. (You may choose one of these web sites to write one of your three web site reports.)
4. Complete worksheet #10 found in the Assignments Section. Click to submit, deadline is
5. Open textbook website for Chapter 6 and complete the practice test.
6. Open textbook website for Chapter 6 and complete the Review of Key Terms (activities 6.3, 6.6, 6.11, 6.14, 6.16, and 6.19) under the Activities button and complete the other activities that are of interest to you.
7. Post a short statement on the Discussion Board in the Communication Section to highlight one concept that you learned in this module that you plan to incorporate as a personal preventive lifestyle strategy.
8. Post any questions about this module that you have on the Discussion Board in the Communication Section so that others in the class can benefit from your questions or you can e-mail them to me directly.
9. The information in this module will be a portion of UNIT III Test that is scheduled to be available from
10. The DEADLINE for this module is



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UNIT III EVALUATIONS

1. Unit III is comprised of Modules 7, 8, 9, and 10, which includes Chapters 4, 5, 6, 7, 8, and 13. To complete Unit III evaluations you should have:
 - a. Completed and submitted a Worksheet for Modules 7, 8, 9, and 10.
 - b. Submitted via e-mail one report of one weblink that you visited in Modules 7, 8, 9, and 10. (Instructions are detailed for this assignment under the Course Information section.)
 - c. Posted on the Discussion Board a short statement of one concept that became important to you. There should be one for each of the four modules.
2. You need to complete the Unit III Test which will be 80 multiple choice and true or false questions from Module 7, 8, 9, and 10. This test will be available online and can be found in the Assignments section from ' . This is a closed book test. .
3. If you have not submitted your Health Topic Paper, you need to do so by . . . (Instructions are detailed for this assignment under the Course Information Section.)

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