

SPRINGFIELD TECHNICAL COMMUNITY COLLEGE

ACADEMIC AFFAIRS

Course Number: HCAR 115 Department: Interdisciplinary Health Studies

Course Title: General Health and Wellness Semester: Spring Year: 2004

Objectives/Competencies

The Student will gain a:	The student will be able to:
1. Knowledge of current theories and models and definitions of health and wellness, in health education and government agencies.	1.1 Define health and wellness and the continuum of health. 1.2 Discuss the models of health as presented in lecture: a. Medical Model b. Environmental model c. Holistic Model 1.3 Define the following dimensions of Wellness and how they are effected by lifestyle behaviors: social, physical, intellectual, occupational, emotional, and spiritual. 1.4 Discuss the role of the following government agencies in health: NIH/NCCAM, health People 2000, World Health Organization.
2. The physiology of the Mind-Body Connection, how is it effected by stress, and its effect on wellness.	2.1 Define and discuss the role of the autonomic nervous system in the physiology of the mind-body connection using the following terms: sympathetic nervous system, parasympathetic nervous system, limbic system, gastrointestinal system. 2.2 Define the following terms: homeostasis, Chi, neuropeptides, somatization, psychosomatic, relaxation response. 2.3 Define stress and discuss its three components. Activators, reactions, and consequences.

	<p>2.4 Define and discuss the following terms and concepts and their relationship to the effect of stress on health: Fight or flight response, epinephrine and cortisol, general adaptation syndrome, post traumatic stress disorder.</p> <p>2.5 Describe the effects of stress on immune functions and illness.</p> <p>2.6 Define Maslow's Hierarchy of needs and the concept of self-actualization.</p> <p>2.7 Define the following terms and discuss their role in emotional wellness: cognition, coping strategies, defense mechanisms, anxiety, phobias, depression, anger.</p>
<p>3. Knowledge of the components of essential nutrition for health and wellness.</p>	<p>3.1 List the eight essential nutrients for adequate nutrition and describe their functions in maintaining health: protein, fats, carbohydrates, vitamins, minerals, phytochemicals, water, light.</p> <p>3.2 Define the following terms and their importance in proper nutrition for health: calorie, metabolism, basal metabolism, BML, nitrates, amino acids, simple sugars, complex carbohydrates, fatty acids, saturated, monounsaturated, polyunsaturated fats, hydrogenation, free radicals, trans fatty acids, antioxidants, preservatives, sulfites, gamma irradiation, glycogen triglycerides, HDL, LDL, hypoglycemia, hyperglycemia.</p> <p>3.3 Describe the components of a health vegetarian diet and its benefits to health.</p> <p>3.4 Calculate Body Mass Index, daily caloric needs, and design healthy meal plan for one week including necessary nutrients for health.</p>
<p>4.0 The health benefits of exercise and the components of a balanced exercise plan for lifetime fitness.</p>	<p>4.1 Discuss the physiological benefit of exercise.</p> <p>4.2 Discuss the psychological benefit of exercise.</p> <p>4.3 List the three components of a balanced exercise program and their benefits: Aerobic, strength, and flexibility training.</p>
<p>5.0 The relationship of intimacy and</p>	<p>5.1 Define and discuss the following terms and their interrelationships and</p>

<p>sexuality to health and wellness.</p>	<p>effects on health: sex, sexuality, gender identity, gender roles, sexual orientation.</p> <p>5.2 Describe the aspects of the human sexual response as outlined in the text.</p> <p>5.3 Identify common sexual dysfunctions and their relationship to health.</p> <p>5.4 Discuss the relationship of intimacy and health.</p> <p>5.5 Discuss the relationships of intimacy, positive sexual relationships and health.</p> <p>5.6 Define the three aspects of a healthy committed relationship.</p> <p>5.7 Explain the importance of communication skills in maintaining positive intimate relationships using the following terms: self disclosure, literal message, metamessage, I-statements, effective listening, mutual empathy.</p> <p>5.8 Discuss constructive ways of expressing anger in relationships.</p> <p>5.9 List the risk factors for sexually transmitted disease.</p> <p>5.10 Identify the symptoms and methods of transmission of the following: chlamydia, gonorrhea, syphilis, genital herpes, HPV HIV/AIDS.</p>
<p>6.0 The causes transmission and prevention of infectious disease.</p>	<p>6.1 Define the following terms which describe the infectious diseases process: etiology, pathogen, communicable disease, vector</p> <p>6.2 Distinguish between a viral, bacterial and fungal infection.</p> <p>6.3 Define the following terms and their functions in fighting disease: immune system, leukocytes, macrophages, inflammation response, lymph nodes, t-cells, humoral immunity, antigens, allergens, histamines, autoimmune disease.</p>
<p>9.0 The relationship between the earth's environment and personal health.</p>	<p>9.1 Discuss how the following environmental problems impact health: air pollution, acid rain, depletion of the ozone layer, radon, pesticides, PCB's, water pollution, electromagnetic fields, noise pollution, chemical fertilizers, irradiation of food.</p>