

## Northeastern Illinois University Department of HPERA Class Syllabus

Course: BLED 107  
Schedule: Sat. 8:30-10:30 am  
Semester: Fall 2009  
Instructor: Kathy Donofrio, RN, MS, MBA  
Phone: 773-989-4110  
E-mail: kdonofri@schosp.org  
Office Hrs: By Appointment  
Course Description:

BLED 107 - Health for Effective Living (2 credits) Concentration of concepts related to the physical, mental, and social dimensions underlying personal health. Emphasis on motivation for intelligent self-direction of health behavior based upon current scientific facts.

Textbook: Payne, W.A., Hahn, D.B., and Lucas, E.B. (2009). *Understanding Your Health* (10th Edition), Boston: McGraw Hill Publishing.

Reason for the Course and Philosophy: This course prepares individuals for healthy decision-making that prevents disease and enhances wellness. One should appreciate that healthy decision-making is a major component of achieving overall health, and understand the interdependent nature of individual and group processes as they relate to health and wellness.

Specific Student Competencies: The course activities, experiences, assignments and sequences are intended to provide opportunities for actively engaged students to:

1. Define health versus wellness.
2. Understand the multiple dimensions of health.
3. Learn how to be an informed health consumer
4. Be knowledgeable of the various health care options available within the United States
5. Understand the impact of psychological health on physical health
6. Learn stress management techniques
7. Gain a basic understanding of cardiovascular function
8. Assess personal risk for cardiovascular disease
9. Discuss the components of fitness and why they are important for health
10. Develop a fitness program
11. Define the types and sources of nutrients
12. Discuss how nutrition can affect overall health
13. Understand the dynamics of obesity
14. Gain a basic understanding of weight management techniques
15. Know the basics of cancer and how certain risk factors may be controlled
16. Learn the risks of addictive behavior - drug, alcohol and tobacco use
17. Define methods of avoiding infectious disease, sexually transmitted diseases, and HIV/AIDS
18. Explain aspects of biological and psychosocial of human sexuality
19. Understand sexual response patterns, sexual orientation, and gender identity issues
20. Discuss methods of birth control and the bases of selecting a method
21. Define and establish effective goals and develop action plans for success

Teaching Methods: Lecture, Discussion, PowerPoint Presentations, Research Assignments, Thinking Exercises

**Course Evaluation:**

Midterm Examination 100 pts  
Final Examination 100 pts  
Pop Quizzes/Daily Points Assignments 100 pts  
Total 300 pts

Quizzes will be unannounced, and may be given at the beginning, during, or end of any class. They will vary in value from 5 to 15 points. They will be used to assess understanding of previous course material and/or comprehension of reading assignments. They will reward attendance, and penalize tardiness and absenteeism.

100-90%= A                      89-80%= B  
79-70% = C                      69-60% = D  
59% and below = F

**Absences:** Missed exams and quizzes may not be made up unless the absence is excused or permission is granted by the instructor.

**Late Work:** Assigned work can be turned in late, but will be penalized 5% of the total point value for each day it is late.

In order to be eligible for full credit, assignments are to be submitted at the beginning of the class session on the due date.

**\*\*\*If your work is late, indicate both the due date and submission date on the work. If these dates are not written on your work, it will not be accepted.**

**Electronic Devices:** Cell phones, music devices, and related electronics must be put away and not used during class. If you are expecting a phone call due to a family medical or emergency situation, notify the instructor and receive permission to leave your phone turned on.

**Class Protocols:** Hats and "shades" may not be worn in class (without a physician's note). No chewing products requiring spitting (tobacco, mint, etc.) will be allowed.

**Emergency Procedures:** Students should review emergency information provided on the NEIU website and become familiar with the Physical Education Building exits.

**Academic Honesty:** The College of Education adheres to the University policy on academic honesty. Please review the University Student Conduct Code and familiarize yourself with the sections dealing with academic dishonesty, plagiarism, and copyright violation.

**Students Requiring Special Accommodation:**

Northeastern Illinois University seeks to provide reasonable accommodations for all qualified persons. This university adheres to all applicable federal, state, and local laws, regulations, and guidelines with respect to providing reasonable accommodations as required affording equal educational opportunity.

It is the student's responsibility to register with the Accessibility Office (or other appropriate office) of Student Support Services and to notify the faculty member, in writing, by September 3, 2009 to request special accommodations for a diagnosed disability, missing class due to religious observance, or other special circumstance. Each request will receive its own consideration. Excused requests apply only to class attendance; students are still responsible for course material and assigned work.

## Course Schedule

August	29	Introduction Wellness or Health?
September	5	Mental Models Mental Health
	12	Stress Management Physical Fitness
	19	Physical Fitness Nutrition
	26	Exam 1
October	3	Nutrition and weight loss Effects of obesity
	10	Cardiovascular disease
	17	Cancer
	24	Managing chronic disease
	31	Exam 2
November	7	Substance abuse
	14	Sexuality
	21	Environment and health
	28	Thanksgiving Holiday
December	5	Aging and dying
December	12	Final Exam