

ROWAN UNIVERSITY CURRICULUM PROPOSAL

PROPOSAL TITLE:Contemporary Health I (R)CHECK APPROPRIATE: UNDERGRADUATE GRADUATE SEMESTER HOURS

SPONSOR(S): Richard Fopeano, Edith Rowand. Department of Health and Exercise Science

DEPARTMENT/TELEPHONE # X4785

CHECK ONE: COURSE MINOR PROGRAM CONCENTRATION SPECIALIZATION
 ACHIEVEMENT CERTIFICATE CERTIFICATION PROGRAM MAJOR PROGRAM**Step #1 (Department)** Approved (Date) Not Approved (Date)R. Fopeano
Dept. Curriculum Chr.Oct 1997
Reviewed (Date)James Reed
Dept. Chr.**Step #2 (Receipt)**SCC# 97-98-12510/24/97
Date Received SenateA. Reeves
Senate Curriculum Chr.**Step #3 (School)**Reviewed Date: 11/3/97 Recommend to Approved Recommend NOT to Approve

Forward for Open Hearing:

 WITHOUT Reservations WITH Reservations:Comments: w/ required changesS. Mariani M.C.
School Committee Chr.Step #4 (Academic Dean): Recommended NOT Recommended Conditionally Recommended (See Comments)

Comments:

Dean Signature/Date [Signature]Step #5 (Senate Curriculum Committee): Open Hearing Date: 3.23.98 Approved by Curriculum Committee Date: 3.23.98

Returned to Sponsor(s) for the following reason:

Step #6 (Senate) Date announced/voted on at Senate 4/28 If voted on: Approved NOT Approved

Date forwarded to Executive Vice President/Provost _____

Senate Curriculum Committee chair Signature/Date: A. Reeves 5/11/98

Step #7 (Executive Vice President/Provost): Date Received _____

___ Approved

___ NOT Approved If no, reasons are as follows:

Student Credit Hours _____

Faculty Load Hours _____

Equalized Credit Hours _____

Official Copy & Approval Sheet Filed (Date) 2/26/99

Executive Vice President/Provost Signature [Signature]

Registrar

Date Approved Course Description Received 3/1

Hegis Taxonomy and Course Number Assigned 223

Date/Signature of Registrar [Signature]

Notification Forward:

_____ Senate Curriculum Committee Chairperson

_____ Department Chairpersons

_____ Academic Dean(s)

_____ Registrar

_____ Sponsor(s)

COURSE PROPOSAL: Contemporary Health I

1. Details

- a. Course Title:** Contemporary Health I
- b. Sponsors:** Richard Fopeano, Edith Rowand, Health and Exercise Science
- c. Credit Hours:** 3 credit hours
- d. Course Level:** Sophomore level
- e. Prerequisites::** No Prerequisites:
- f. Suggested Time and scale of implementation:** 2 sections Fall semester, beginning Fall 1999
- g. Curricular Effect:** Major requirement. This course will replace Contemporary Health which is currently not divided into Parts I and II
- h. Adequacy of Present Staff/Resources:** Present faculty are available to teach this course.
- i. Library Resources:** Current holdings are adequate for the needs of this course.

2. Rationale

The course content in the area of health education has expanded greatly over the past decade. Recently established national and state standards require that curriculum in this area of study address 10 specific content topics. The current 3 credit contemporary health course which is offered through the Health and Exercise Science Department provides an inadequate amount of time to prepare prospective professionals for work in this area. By expanding the course into Part I & II, all appropriate areas will be addressed.

This new course is designed to assist the student to understand a variety of health issues which occur in the human lifecycle in modern society. The focus will be directed to the latest information concerning the nature of the health issue, the etiology of related problems, along with available behavioral and biological services as it relates to protecting and improving individual's health.

3. Essence of the Course

a. Objectives:

By the completion of the Contemporary I course the student will be able to:

1. Identify the holistic nature of health as it relates to the human lifecycle
2. Develop an understanding of the physical, emotional, social, intellectual, spiritual and environmental factors which influence one's health.

3. Distinguish between behaviors which foster and those that hinder well-being.
4. Recognize the role of learning and effective experiences in shaping patterns of health behavior.
5. Identify the various components of family life and how they affect one's overall health status.
6. Discuss the developmental nature of human sexuality, including the physiological, psychological and social changes which occur through out a lifecycle.
7. Identify problems which commonly occur related to sexuality as well as behavioral and medical solutions.
8. Discuss the normal phases of human growth and development throughout the lifecycle (from conception to death) and the associated health concerns including personal lifestyle management strategies.
9. Recognize the nature of positive mental and emotional health, the necessary lifestyle management strategies, related problems and possible solutions to issues which occur.
10. Demonstrate an understanding for the human aging process and the accompanying health related issues which are presented in the later stages of the lifecycle.
11. Identify the historical as well as present physical, psychological, social and economic issues associated with death and the dying process.
12. Select valid sources of information about health needs and interests using computerized data gathering methods.

b. Topical Outline/Content

1. The nature of health and the factors which influence its effective maintenance in today's society.
2. Reliable sources of general health and medical information.
3. Family Life
 - The function and influence of the family on one's health status
 - Decision Making, Conflict Management, and Communication Skills
 - Healthful family relationships
 - Problem Solving techniques
4. Human Sexuality
 - The origins and nature of sexuality
 - Sexuality throughout the lifecycle
 - Biological components of Sexuality
 - Psychological and social factors associated with sexuality
 - Contraception, Pregnancy and Childbirth
 - Maintaining healthy sexual relationships
 - Sexual Orientation and behavioral choices
 - Sexual disorders and diseases
5. Growth and Development
 - Biological and Psychological changes accompanying normal growth periods
 - Development tasks required for proper maintenance of the body systems
6. Mental and Emotional Health
 - Self Esteem
 - Expression of Feelings

Dealing with stress
Emotional related problems and disorders

7. **Aging**

Physical, psychological and social changes which occur in the aging process
Caring for the aged
Economic Health Care for the elderly

8. **Death and Dying**

Grief and coping with death
Rituals of Death in the U.S.
Personal and family options

c. Evaluation and Grading Procedures

A variety of methods will be used to evaluate student's progress. These will include:

Individual research assignments
Personal reaction papers
Oral presentations
Examination and Quizzes

d. Course Evaluation

This course will be evaluated at the conclusion of each semester through student evaluation, staff (self) evaluation, and classroom observations conducted by a qualified member of the Department of Health and Exercise Science

4. Results of Consultations

This course is an expansion of a currently taught course through this department. Therefore, no consultation was deemed necessary.

Contemporary Health I
0837.???
3 Semester Hours

Catalogue Description:

This is the first in a series of two general knowledge based survey courses which provide students with knowledge of current health issues which occur in the human lifecycle. Topics which will be addressed are family life and human sexuality, personal growth and development, mental and emotional health, aging and death and dying.