

ROWAN UNIVERSITY CURRICULUM PROPOSAL

PROPOSAL TITLE:

Contemporary Health II

CHECK APPROPRIATE: UNDERGRADUATE GRADUATE 3 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.8-24-97
Reviewed (Date)James Burr
Dept. Chr.**Step #2 (Receipt)**SCC# 97-98-12610/24/97
Date Received SenateR. 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: if required changesJ. M. ...
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: 5-23-98 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: R. 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) 5/26/98

Executive Vice President/Provost Signature C. A. Johnson

Registrar

Date Approved Course Description Received _____

Hegis Taxonomy and Course Number Assigned _____

Date/Signature of Registrar T. ...

Notification Forward:

_____ Senate Curriculum Committee Chairperson

_____ Department Chairpersons

_____ Academic Dean(s)

_____ Registrar

_____ Sponsor(s)

COURSE PROPOSAL: Contemporary Health II

1. Details

- a. Course Title:** Contemporary Health II
- 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 Spring semester, beginning Spring 2000
- 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 II 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 general chemical balances of the body and the effect of drugs when introduced to the body.
6. Discuss the social impact of legal and illicit drug use in American Society and the effects this has on the family and individual.
7. Identify the treatment options available for rehabilitation of a substance abuser.
8. Identify factors which influence personal health.
9. Discuss the skills and resources necessary for establishing positive health maintenance lifestyles.
10. Define the etiology and treatment options for common Chronic and Communicable Diseases
11. Identify the leading personal, social and economic factors which influence the health of our environment.
12. Recognize the individual as a consumer of various products and the health related impact of the economic choices individuals make
12. Select valid sources of information about health needs and interests using computerized data gathering methods.

b. Topical Outline

- A. The nature of health and the factors which influence its effective maintenance in today's society.
- B. Reliable sources of general health and medical information.
- C. Alcohol, Tobacco and Other Drugs
 - The basic physiology of drug interactions .
 - The origins of drug use, misuse and abuse
 - Major classifications of legal and illicit drugs
 - Addictions
 - Treatment and rehabilitation of drug abusers
 - The impact of drug use on the individual, family and society
 - Laws governing drug use
- D. Personal Health
 - Factors which influence personal health maintenance
- E. Diseases and Disorders
 - Factors which contribute to the disease chain
 - Epidemiology
 - Major Chronic Diseases
 - Common Communicable Diseases
 - Lifestyle and Prevention of Diseases

F. Environmental Health
Postindustrial Society Problems
Air, water, land and noise Pollution
Personal and Social Options and Solutions

G. Consumer Health
The individual as a consumer of products
Advertising and the consumer
Making health related choices
Health care and maintenance 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 II
0837.???
3 Semester Hours

Catalogue Description:

This is the second 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 alcohol, tobacco and other drugs, personal health, chronic and infectious diseases, environmental health and consumerism.