**PROPOSAL TITLE:**
Contemporary Health II

**CHECK APPROPRIATE:**
- X UNDERGRADUATE
- GRADUATE
- 3 SEMESTER HOURS

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

**DEPARTMENT/TELEPHONE #:** X4785

**CHECK ONE:**
- X COURSE
- MINOR PROGRAM
- CONCENTRATION
- SPECIALIZATION
- ACHIEVEMENT CERTIFICATE
- CERTIFICATION PROGRAM
- MAJOR PROGRAM

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**Step #1 (Department):**
- Approved (Date)
- Not Approved (Date)

Fopeano
Dept. Curriculum Chair

Reviewed (Date)

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**Step #2 (Receipt):**

SCC# 97-98-121

10/24/97
Date Received Senate

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**Step #3 (School):**

Reviewed Date: 11/3/97

X Recommend to Approved

X Recommend NOT to Approve

Forward for Open Hearing:

- WITHOUT Reservations
- WITH Reservations:
  Comments: WRITTEN

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**Step #4 (Academic Dean):**

- Recommended
- NOT Recommended
- Conditionally Recommended (See Comments)

Comments:

Dean Signature/Date

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**Step #5 (Senate Curriculum Committee):**

Open Hearing Date: 2-23-98
Approved by Curriculum Committee Date: 3-23-98

Returned to Sponsor(s) for the following reason:

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**Step #6 (Senate):**

Date announced/voted on at Senate: 4/28
If voted on: XX Approved

Date forwarded to Executive Vice President/Provost:

Senate Curriculum Committee chair Signature/Date: X. Reese 5/11/98
**Step #7 (Executive Vice President/Provost):**

Date Received __________

__ Approved

__ NOT Approved  If no, reasons are as follows:

<table>
<thead>
<tr>
<th>Student Credit Hours</th>
<th>Faculty Load Hours</th>
<th>Equalized Credit Hours</th>
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Official Copy & Approval Sheet Filed  (Date) ___/___/___

Executive Vice President/Provost Signature ____________________

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**Registrar**

Date Approved Course Description Received __________

Hegis Taxonomy and Course Number Assigned __________

Date/Signature of Registrar ____________________

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**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 Foepano, 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 necessity 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
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.