

**RARITAN VALLEY COMMUNITY COLLEGE
ACADEMIC COURSE OUTLINE**

FITN 131 Current Health Issues

I. Basic Course Information

A. Course Number and Title: FITN 131 Current Health Issues

B. New or Modified Course: Modified

C. Date of Proposal: Semester: Fall Year: 2023

D. Effective Term: Fall 2024

E. Sponsoring Department: Health Science Education

F. Semester Credit Hours: **3**

G. Weekly Contact Hours: **3** Lecture: 3
Laboratory: 0
Out of class student work per week: 6

H. ☐ Prerequisite (s): None
☐ Corequisite (s):
☐ Prerequisite (s) and Corequisite (s):

I. Additional Fees: None

J. Name and E-Mail Address of Department Chair and Divisional Dean at time of approval:

Chair: Linda Romaine, Linda.Romaine@raritanval.edu

Dean: Dr. Sarah Imbriglio, Sarah.Imbriglio@raritanval.edu

II. Catalog Description

A comprehensive study of personal, school and community health issues, this course will devote special attention to chronic and degenerative diseases, communicable diseases, environmental issues, accidents and mental illness. Other topics covered include consumer awareness, healthcare choices and insurance, management of death, nutrition and weight control and the effects of drugs, alcohol and narcotics. Students will learn how to find and analyze reliable, scholarly sources to define these health issues, explain risk factors, treatment and avoidance of major health problems.

III. Statement of Course Need

- A. This course is designed to make students aware of physical, psychological, environmental, and social issues that affect health. Students will learn how to find and interpret reliable health information, how to improve wellness and reduce the risk of disease through lifestyle changes, screening and knowledge. Students will learn how to use reliable information from the internet to back arguments with regard to health issues.
- B. There is no lab component in this course.
- C. This course generally transfers as an exercise science program requirement depending on the transfer institution. This course generally transfers as a health and physical fitness program elective depending on the transfer institution.

IV. Place of Course in College Curriculum

- A. Free Elective
- B. This course meets a program requirement for Associate of Science in Exercise Science degree program.
- C. To see course transferability: a) for New Jersey schools, go to the NJ Transfer website, www.njtransfer.org; b) for all other colleges and universities, go to the individual websites.

V. Outline of Course Content

- 1. Wellness and its dimensions.
- 2. Stress
 - Effects on health
 - Management of stress
 - Treatments and adaptations
- 3. Psychological well-being
 - Common mental disorders and their risk factors
 - effects on wellness and relationships
 - treatments.
- 4. The process of aging
 - The stages and needs of a dying person
 - Causes and prevention of suicide
- 5. Abortions
 - Description and legal issues
 - Contraception types and effectiveness
 - Pregnancy
- 6. Addictions:

- Tobacco
- Drugs
- Gambling
 - risk factors,
 - management
 - long-term effects of dependence

7. Alcohol

- abuse
- dependency
- alcoholism
 - effects on health, family and lifestyle
 - management
 - treatments and their effectiveness.

8. Human sexuality

- Basic anatomy of the male and female sexual organs
- Responsible sexual activity
- Sexually transmitted infections, their spread, treatment, and effects.

9. Reproduction

10. Different lifestyle choices.

11. Identifying and finding reliable health information

- on line sources
- determining the validity of health and wellness advertising

12. Personal nutrition

- effects on overall wellness
- validity of current publicized nutrition information with respect to diet and weight control
- effectiveness of popular diet plans.

13. The relationship between lifestyle and major diseases including:

- cardiovascular disease
- diabetes
- stroke
- COPD
- Cancer
- Hypertension

14. Pollution on health,

- Environmental changes that are effecting our overall wellness

15. Infectious disease

- how they are transmitted
- treatment & elimination

- pandemics
 - vaccinations
16. Effects of nutrition, exercise, sleep, and stress with regards to overall health and wellness.
17. Social Health
- effects on overall wellness,
 - types of communication
 - how relationships work
18. Health & Skill Related Components of Fitness
- effect on overall wellness
 - how they are measured
 - managed
 - improved through proper training using the FITT principal
19. The health care system
- Consumer health options
 - Affordable Care Act
 - Medical Quackery
 - How to be a savvy consumer.
20. Major causes of death for various age and gender groups
- Issues effecting personal safety
 - Unintentional injury
 - Road rage
 - Safety at home
 - Violent crimes
 - Sexual victimization

VI. A. Course Learning Outcomes:

At the completion of the course, students will be able to:

1. Determine the nature and extent of the information needed to make successful health and wellness decisions. (GE- IL)
2. Identify and critically evaluate health information. (GE- IL) *
3. Collect, organize and evaluate current information on health care issues (GE-1)
4. Successfully argue controversial health issues using scholarly sources to back the argument. (GE-1, IL).

*Embedded critical thinking

B. Assessment Instruments

1. topical essays
2. exams
3. discussion questions
4. assignments
5. fitness & wellness assessments

VII. Grade Determinants

- A. essays
- B. assignments
- C. tests
- D. discussion participation

Given the goals and outcomes described above, LIST the primary formats, modes, and methods for teaching and learning that may be used in the course:

- A. course discussion
- B. textbook readings
- C. PowerPoint lectures
- D. Online resources
- E. videos

VIII. Texts and Materials

LIST which of the following types of course materials will be used. Specify title and publication information about textbooks and any other major text sources or other materials.

- A. *Health Education*, College of the Canyons, Garrett Rieck & Justin Lundin, April 30, 2021 – Open Educational Resource
[https://med.libretexts.org/Bookshelves/Health/Book%3A_Health_Education_\(Rienk_and_Lundin\)/00%3A_Front_Matter/01%3A_TitlePage](https://med.libretexts.org/Bookshelves/Health/Book%3A_Health_Education_(Rienk_and_Lundin)/00%3A_Front_Matter/01%3A_TitlePage)
- B. Online Resources

(Please Note: The course outline is intended only as a guide to course content and resources. Do not purchase textbooks based on this outline. The RVCC Bookstore is the sole resource for the most up-to-date information about textbooks.)

IX. Resources

- A. **RVCC Library**
- B. **Computer and Internet Access**

X. Check One: ☐ Honors Course ☐ Honors Options ☒ N/A