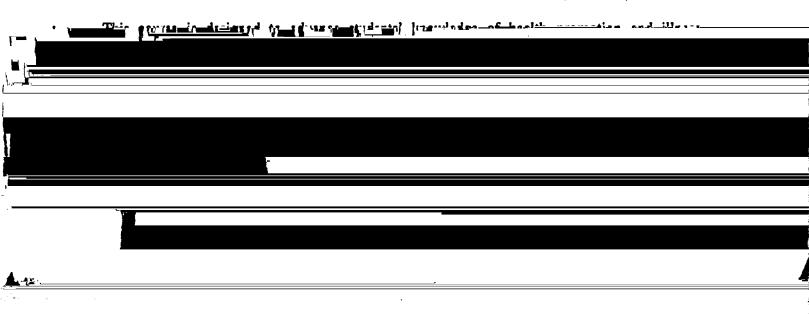


	NJIR <u>S 143 Healthy People</u>	3 lecture hou	rs
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I. Course Description

NURS 143 Healthy People

3 lecture hours 0 lab hours 3 credits (3c-01-3sh)



prevention concepts and to examine health disparities across segments of the population. The determinants of health, health status assessment, and the nation's leading health indicators will be emphasized. Students will be guided in the development of a personal wellness program.

II. Course Objectives

At the end of this course, the student will:

- 1. Appraise personal health status.
- 2. Plan a personal wellness program.
- 3. Implement the personal wellness program.
- 4. Examine the determinants of health that influence the well being of individuals and communities.
- 5. Discuss the current public health concerns in the United States.

III. Course Outline

Week 1 Introduction to Course

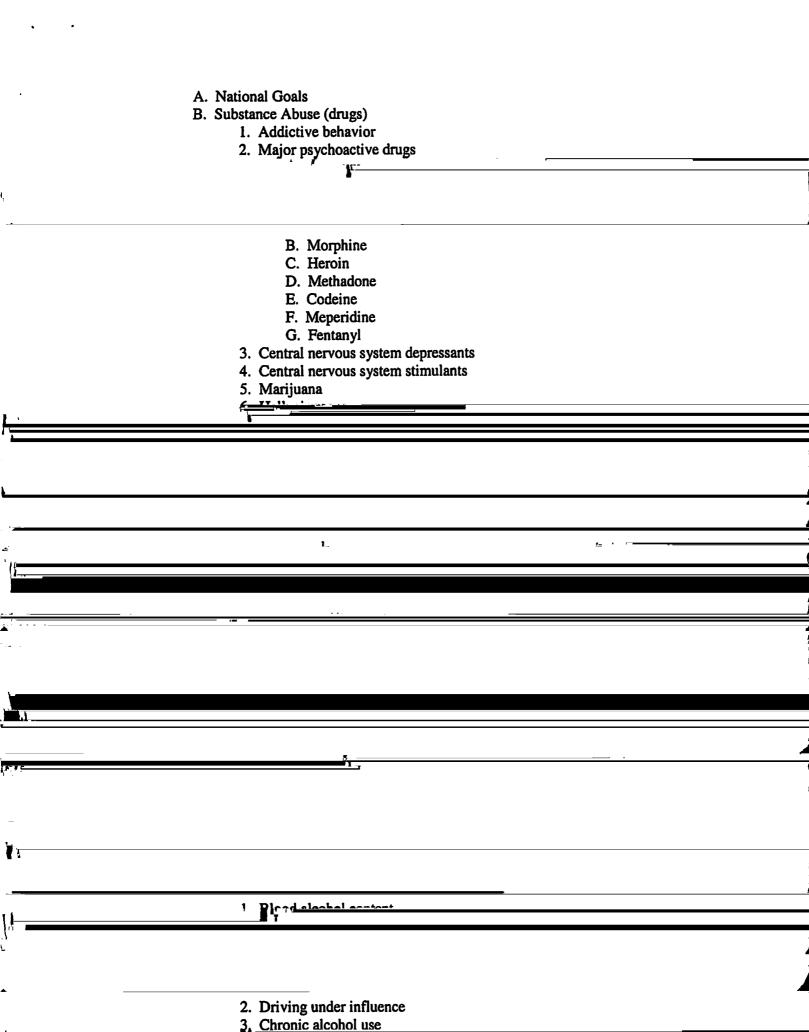
3 hrs.

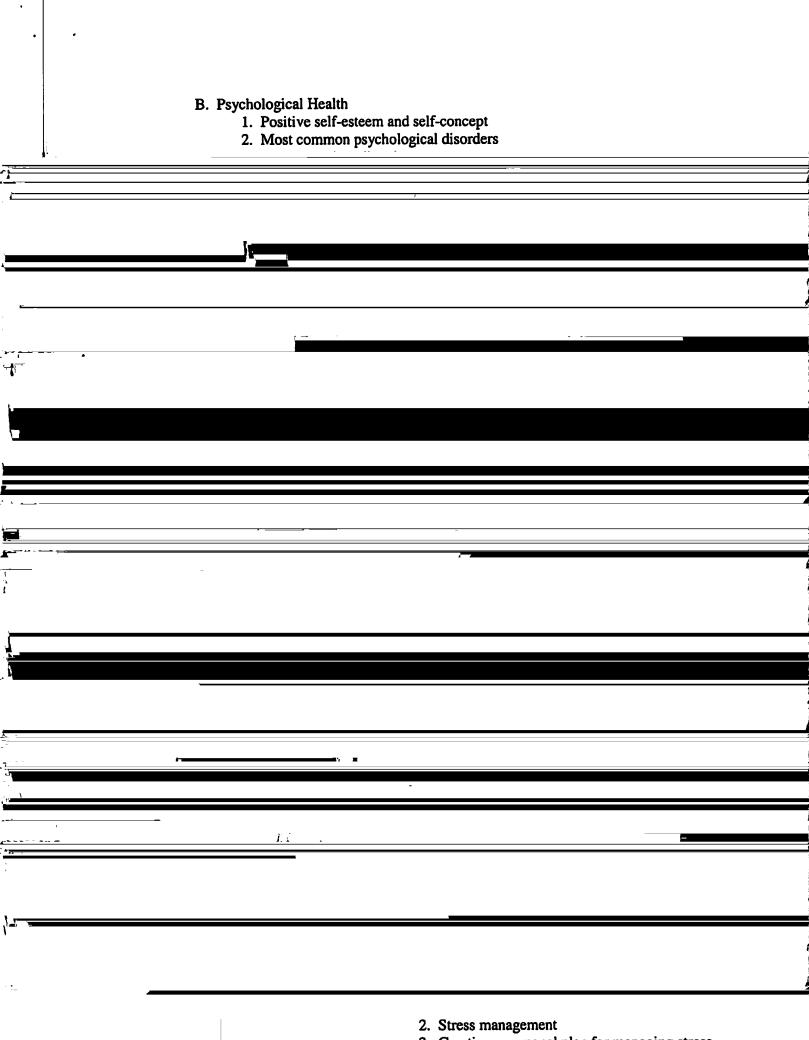
- A. Leading health indicators
 - 1. Leading causes of death as a nation
 - 2. A review of causes of morbidity and mortality by age groups
 - B. Dimensions of personal wellness
 - 1. Personal health assessment
 - 2. Holistic approaches to health
 - C The personal wellness profile

A. National Goals B. Leading causes of morbidity and mortality associated with cardiovascular health C. Components of Fitness 1. Cardiorespiratory fitness 2. Muscular strength 3. Muscular endurance 2 hrs. Leading Health Indicator: Overweight & Obesity

3 hrs.

Week 3 Leading Health Indicator: Physical Activity





B. Infection

20% 20%

20%

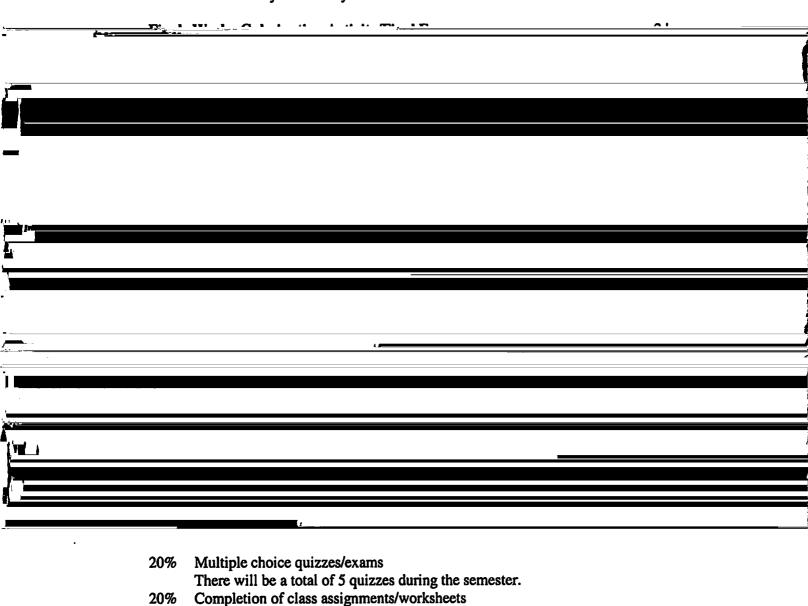
20%

Book review

Culminating Activity/Final Exam

Personal Wellness Plan

- C. Body's defense system
 - 1. Immunity/immunizations
- D. Pathogens and disease
 - 1. Bacteriological
 - 2. Viral
 - 3. Fungi
 - 4. Protozoa
 - 5. Parasitic worms
- E. Emerging infectious diseases
- F. A healthy immune system



<u> </u>	 A weight lifting program that focuses on strength training Engaging in a stress relieving activity such as yoga, walking, dance, or music therapy Utilizing available counseling services to work through issues threatening psychological and or physical health
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Ι,	eating A, weight reduction program that incomorates physical exercise and dietary modifications
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	learning activities.
	Culminating Activity/Final Project/Final Exam
	Within the Leading Health Indicator framework, students are to identify and explore a specific
	health issue. Students will be guided in the selection of appropriate issues and sources for exploration throughout the semester. Students will be required to write but not necessarily
<u> </u>	exploration throughout the semester. Students will be required to write but not necessarily

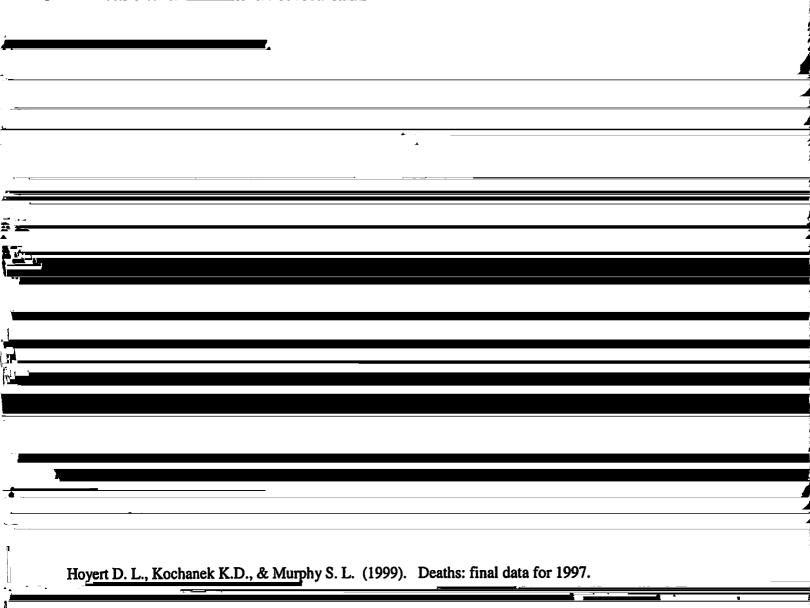
environmental smoke-United States. MMWR (46) 1038-1043.

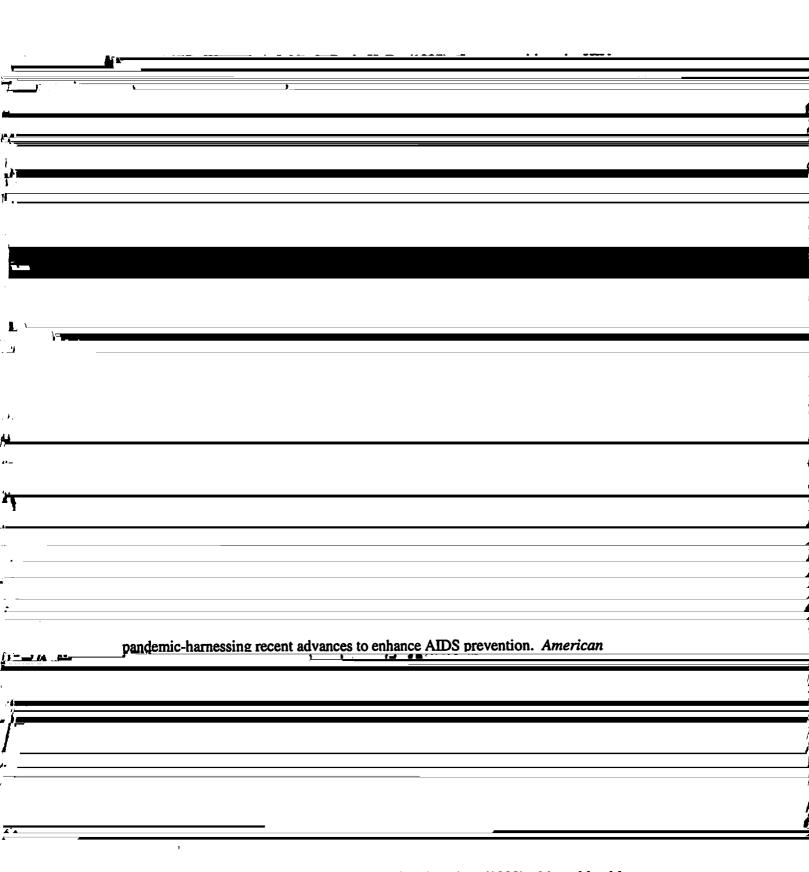
Centers for Disease Control and Prevention. Targeting tobacco use: The nation's leading cause of death. (1999). Atlanta, GA: U.S. Department of Health and Human Services, CDC.

Centers for Disease Control and Prevention. (1998). Youth risk behavior surveillance. MMWR 47(SS-3).

Feiken D. R., Schuchat A., & Kolczak M. (1998). Mortality from invasive pneumococcal pneumonia in the era of antibiotic resistance. *American Journal of Public Health Statistics*.

Fox I A & Zawitz M W. (1999). Homicide trends in the United States. U.S.



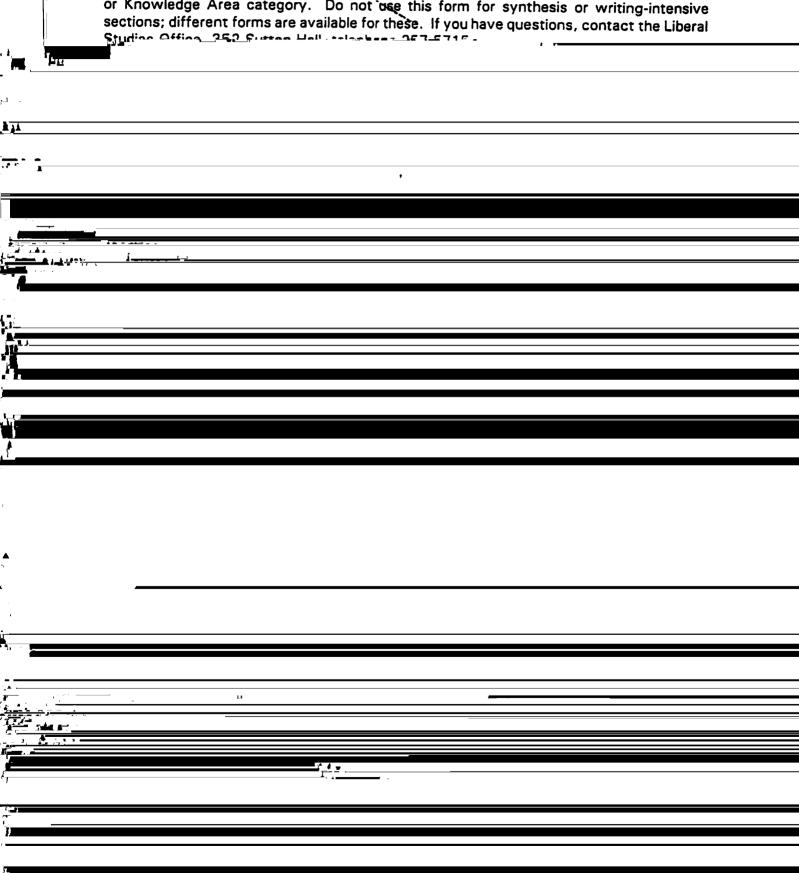


Substance Abuse and Mental Health Services Administration. (1999). Mental health: a report of the surgeon general. Rockville, MD: U.S. Department of Health and Human Services, National Institutes of Health.

Syme S. L., & Balfour J. L. (1998). Social determinants of disease. In: *Public Health and Preventive Medicine, Fourteenth Edition*. Wallace RB (ed.). Stamford, CT:

Liberal Studies Course Approval Form Instruction Sheet

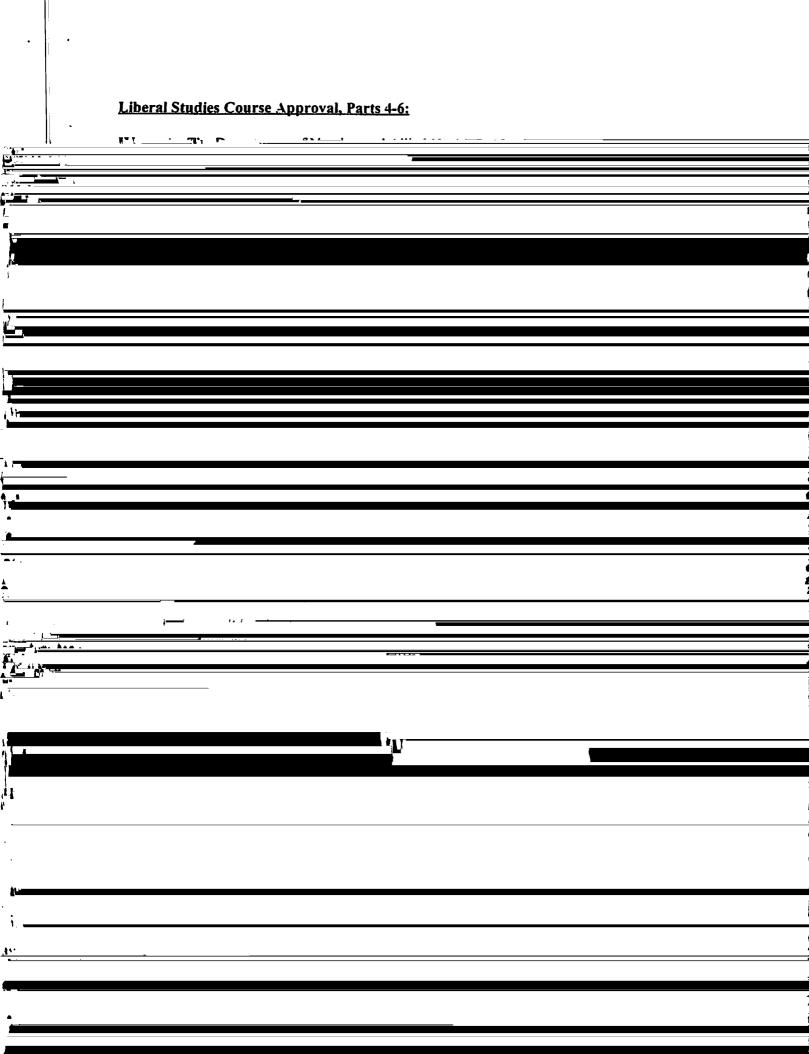
Use this form only if you wish to have a course included in a Liberal Studies Learning Skill or Knowledge Area category. Do not use this form for synthesis or writing-intensive Studios Office 252 Futton Hall tologher 257-5715



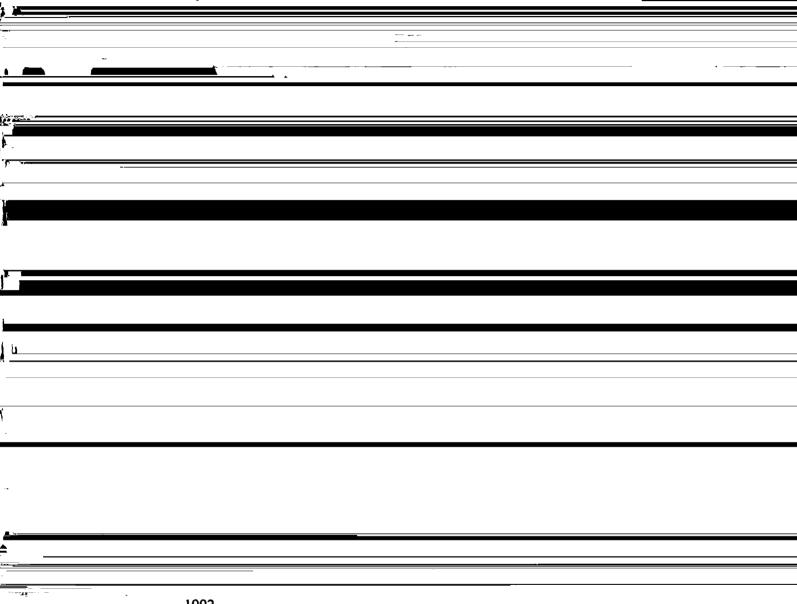
LIBERAL STUDIES COURSE APPROVAL, PARTS 1-3: GENERAL INFORMATION CHECK-LIST

Please indicate the LS category(ies) for which you are applying:

		LEARNING SKILLS: First Composition Course Mathematics Second Composition Course
		KNOWLEDGE AREAS: Humanities: History Humanities: Philos/Rel Studies Humanities: Literature Natural Sci: Laboratory Natural Sci: Non-laboratory KNOWLEDGE AREAS: Fine Arts Social Sciences Non-Western Cultures Health & Wellness Liberal Studies Elective
	11.	Please use check marks to indicate which LS goals are <u>primary</u> , <u>secondary</u> , <u>incidental</u> , or <u>not applicable</u> . When you meet with the LSC to discuss the course, you may be asked to explain how these will be achieved.
£		Prim Sec Incid N/A A. Intellectual Skills and Modes of Thinking: A. Intellectual Skills and Modes of Thinking:
A		
		decision making, and other aspects of the critical process. 2. Literacy—writing, reading, speaking, listening.
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Pelzer, Dave. A Child Called It. Health Communications, Inc. 1995. Schreiber, Flora. Sybil. Warner Books, Inc. 1973. Vangant, Ivania. The Value in the Vallev_Simon and Schuster 1995



1992.

- D. This course is designed to fill a need for additional courses in the Health and Wellness Category in the Liberal Studies program.
- V. Checklist attached.
- Course syllabus attached. VI.

CHECK LIST - HEALTH AND WELLNESS

X Treat concepts, themes and events in sufficient depth to enable students to appreciate the

Knowledge Area Criteria which the course must meet:

;		complexity, history and current implications of what is being studied; and not be merely cursory coverage of lists of topics.	
	<u>x</u>	Suggest the major intellectual questions/problems which interest practitioners of a discipline and explore critically the important theories and principles presented by the discipline.	
	<u> </u>	Allow students to use and enhance the methods of inquiry and vocabulary commonly used in the discipline.	
	<u> </u>	Encourage students to use and ennance, wherever possible, the composition and mathematics skills built in the Skill Areas of Liberal Studies.	
	Healti	n and Wellness Criteria which the course must meet:	
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Course Analysis Questionnaire NURS 143 Healthy People

Section A: Details of the Course

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Y	category in the Liberal Studies program. It is designed for students from any major
	category in the Liberal Studies program. It is designed for students from any major. There are no existing courses to which this content could be incorporated because they
	category in the Liberal Studies program. It is designed for students from any major. There are no existing courses to which this content could be incorporated because they are either major's courses or LBST 499.
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B3. Five to eight seats will be made available for students in the School of Continuing Education. Section C: Implementation 61 Cympt Coult regressences administ to waste assertioned to the contract of t

Part III. Letters of Support

	Attached are letters of support and email dialogues referenced in the
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DEPARTMENT OF NURSING AND ALLIED HEALTH PROFESSIONS INDIANA UNIVERSITY OF PENNSYLVANIA

Date:

November 4, 2001

To:

James G. Mill, Chairperson

Department of Health and Physical Education

From:

Jodell L. Kuzneski. Chairperson

Department of Nursing and Alhieo Health Professions

Subject:

Proposal for Health and Wellness Course

Faculty in the Department of Nursing and Allied Health Professions are proposing a new course. NURS 14 Liberal Professions are proposing a new course. NURS

Date: November 4, 2001 To: Joanne B, Steiner, Chairperson Department of Food and Nutrition From: Jodell L, Kuzneski, Chairpersory Department of Nursing and All (ed) Health Professions		DEPART	MENT OF NURSING AND ALLIED HEALTH PROFESSIONS
Date: November 4. 2001 To: Joanne B. Steiner, Chairperson Department of Food and Nutrition From: Jodell L. Kuzneski, Chairpersor Department of Nursing and Alled Health Professions	<u> </u>		
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Department of Food and Nutrition From: Jodell L. Kuzneski. Chairperson Department of Nursing and All ed Health Professions		Date:	November 4. 2001
		То:	Joanne B. Steiner. Chairperson Department of Food and Nutrition
		From:	Jodell L. Kuzneski. Chairperson Department of Nursing and Alled Health Professions
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Faculty in the Department of Nursing and Allied Health Professions are proposing a new course. NURS 143 Healthy People. The course is intended to be an option for the Liberal Studies health and wellness requirement and open to any university student.

The course has been developed using the Healthy People 2010 document produced by the Department of

Subject: Re: NURS 143

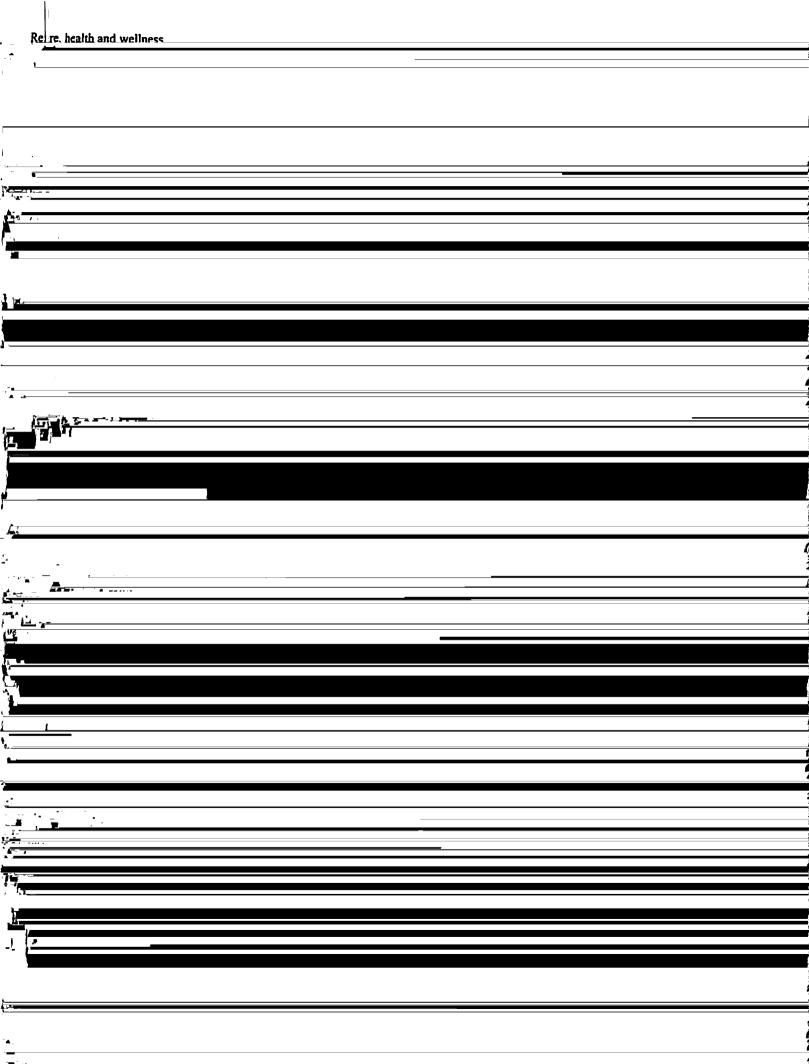
Date: Mon, 26 Nov 2001 15:12:25 -0500

From: Jodell Kuzneski kuzneski@grove.iup.edu

To: kmckee kuzneski@grove.iup.edu

CC: lnalmer@grove.iup.edu. Jodell Kuzneski@grove.iup.edu

	Subject MIDC 142
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<u> </u>	Department has the demonstrated expertise in the discipline of Health Education/Geolth Demonstrated
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DEPARTMENT OF NURSING AND ALLIED HEALTH PROFESSIONS INDIANA UNIVERSITY OF PENNSYLVANIA

	Date:	January 14, 2002
	То:	James G. Mill. Chairperson Penartment of Health and Physical Education
	From:	Jodell L. Kuzneski. Chairperson Department of Nursing and Allied Health Professions
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_		
	Thank you tunable to su	for your review of the course proposal, NURS 143 Healthy People. I regret that you were pport the initiative at this time.
•	The propose	il has been reviewed and annroyed by the college Comission Commission and de Procession of the Commission of the Commiss
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•	Health and Wellness Course
	Subject: New Health and Wellness Course
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