

NTRS 143 Healthy People

3 lecture hours

I. Course Description

NURS 143 Healthy People

**3 lecture hours
0 lab hours
3 credits
(3c-0l-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

Week 3 Leading Health Indicator: Physical Activity

3 hrs.

- 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**

Leading Health Indicator: Overweight & Obesity

2 hrs.

A. National Goals

B. Substance Abuse (drugs)

1. Addictive behavior
2. Major psychoactive drugs

B. Morphine

C. Heroin

D. Methadone

E. Codeine

F. Meperidine

G. Fentanyl

3. Central nervous system depressants

4. Central nervous system stimulants

5. Marijuana

1. Blood alcohol content

2. Driving under influence

3. Chronic alcohol use

B. Psychological Health

1. Positive self-esteem and self-concept
2. Most common psychological disorders

- B. Infection
- 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

- 20% Multiple choice quizzes/exams
There will be a total of 5 quizzes during the semester.
- 20% Completion of class assignments/worksheets
- 20% Book review
- 20% Culminating Activity/Final Exam
- 20% Personal Wellness Plan

- 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

eating

• A weight reduction program that incorporates physical exercise and dietary modifications

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

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.*

Hoyert D. L., Kochanek K.D., & Murphy S. L. (1999). Deaths: final data for 1997.

pandeamic-harnessing recent advances to enhance AIDS prevention. *American*

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 sections; different forms are available for these. If you have questions, contact the Liberal Studies Office, 252 Sutter Hall, telephone 257-5715.

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

I. 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

Fine Arts
 Social Sciences
 Non-Western Cultures
 Health & Wellness
 Liberal Studies Elective

II. Please use check marks to indicate which LS goals are primary, secondary, incidental, or not applicable. 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:

1. Inquiry, abstract logical thinking, critical analysis, synthesis

2. decision making, and other aspects of the critical process.
Literacy—writing, reading, speaking, listening.

Liberal Studies Course Approval, Parts 4-6:

1. Name of the course: _____

2. Course description: _____

3. Prerequisites: _____

4. Learning objectives: _____

5. Texts and materials: _____

6. Instructor: _____

7. Date of approval: _____

8. Department: _____

9. Faculty member: _____

10. Approval status: _____

11. Comments: _____

12. Date of review: _____

13. Reviewer: _____

14. Department chair: _____

15. Dean: _____

16. Date of final approval: _____

17. Final approval status: _____

18. Final reviewer: _____

19. Final department chair: _____

20. Final dean: _____

21. Date of final review: _____

22. Final review status: _____

23. Final review comments: _____

24. Final review date: _____

25. Final review by: _____

26. Final review status: _____

27. Final review comments: _____

28. Final review date: _____

29. Final review by: _____

30. Final review status: _____

31. Final review comments: _____

32. Final review date: _____

33. Final review by: _____

34. Final review status: _____

35. Final review comments: _____

36. Final review date: _____

37. Final review by: _____

38. Final review status: _____

39. Final review comments: _____

40. Final review date: _____

41. Final review by: _____

42. Final review status: _____

43. Final review comments: _____

44. Final review date: _____

45. Final review by: _____

46. Final review status: _____

47. Final review comments: _____

48. Final review date: _____

49. Final review by: _____

50. Final review status: _____

51. Final review comments: _____

Pelzer, Dave. A Child Called It. Health Communications, Inc. 1995.
Schreiber, Flora. Sybil. Warner Books, Inc. 1973.
Vangant, Ivanla. The Value in the Valley. 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.
- VI. Course syllabus attached.

CHECK LIST – HEALTH AND WELLNESS

Knowledge Area Criteria which the course must meet:

- Treat concepts, themes and events in sufficient depth to enable students to appreciate the complexity, history and current implications of what is being studied; and not be merely cursory coverage of lists of topics.
- Suggest the major intellectual questions/problems which interest practitioners of a discipline and explore critically the important theories and principles presented by the discipline.
- Allow students to use and enhance the methods of inquiry and vocabulary commonly used in the discipline.
- Encourage students to use and enhance, wherever possible, the composition and mathematics skills built in the Skill Areas of Liberal Studies.

Health and Wellness Criteria which the course must meet:

Y. _____ healthful lifestyle for both men and women. These

**Course Analysis Questionnaire
NURS 143 Healthy People**

Section A: Details of the Course

1. This course is designed for:

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.

B3. Five to eight seats will be made available for students in the School of Continuing Education.


Section C: Implementation

~~C1. Current facilities are not adequate to meet current needs. The following~~

**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 Allied 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
141 Healthy People. The course is intended to be an option for the Liberal Studies health and wellness

DEPARTMENT OF NURSING AND ALLIED HEALTH PROFESSIONS

Date: November 4, 2001

To: Joanne B. Steiner, Chairperson
Department of Food and Nutrition

From: Jodell L. Kuzneski, Chairperson 
Department of Nursing and Allied Health Professions

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

Re: NURS 143

Subject: Re: NURS 143

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

From: Jodell Kuzneski <kuzneski@grove.iup.edu>

To: kmckee <kmckee@grove.iup.edu>

CC: lnalmer@grove.iup.edu; Jodell Kuzneski <kuzneski@grove.iup.edu>

Subject: NURS 143

Lisa,

Hope things are well. I sent Jody an email stating that basically we got the answer to QM 1. I will

NAME

The faculty in the Department of Health and Physical Education

Withstanding any hardships, the students have been able to complete their studies and are now ready to enter the workforce.

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Department has the demonstrated expertise in the discipline of Health Education/Health Promotion

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**DEPARTMENT OF NURSING AND ALLIED HEALTH PROFESSIONS
INDIANA UNIVERSITY OF PENNSYLVANIA**

Date: January 14, 2002

To: James G. Mill, Chairperson
Department of Health and Physical Education

From: Jodell L. Kuzneski, Chairperson
Department of Nursing and Allied Health Professions

Thank you for your review of the course proposal, NURS 143 Healthy People. I regret that you were unable to support the initiative at this time.

The proposal has been reviewed and approved by the college Curriculum Committee and the Department

Subject: New Health and Wellness Course

Date: Tue, 18 Dec 2001 13:03:41 -0500

