COLLEGE OF THE MARSHALL ISLANDS
COURSE OUTLINE

CIP No. 34.0103

AH 195
Alpha Number

Personal Health and Wellness
Course Title

Course Description
Introduction to the principles and practices positively affecting individual levels of wellness, hygiene, and physical fitness as related to self-care. A physical activity lab is also required.

Course prepared by: Developmental Education Department

April 2012

<table>
<thead>
<tr>
<th>Lecture</th>
<th>Hours per Week</th>
<th>Number of Weeks</th>
<th>Total Hours</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Laboratory</td>
<td>1</td>
<td>12</td>
<td>12</td>
<td>1</td>
</tr>
<tr>
<td>Clinical</td>
<td>2</td>
<td>16</td>
<td>32</td>
<td>2</td>
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<tr>
<td>Seminar</td>
<td>2</td>
<td>16</td>
<td>32</td>
<td>2</td>
</tr>
</tbody>
</table>

Total Credit Hours: 3

Purpose of Course:
- Degree Requirement
- Degree Elective
- General Education
- Certification
- Developmental
- Other

Prerequisite(s): Level 2 Developmental English

Signature, Curriculum Committee Chairperson: 

Signature, Dean of Academic Affairs: 

Signature, Vice President of Academic Affairs: 

Last Date reviewed or revised: 

May 7, 2012

May 7, 2012

May 7, 2012

Date

Date

Date
I. Personal Health and Wellness

A. Course Title

II. Course Objectives

A. General Objectives

The student will:
1. Identify individual responsibilities and self care practices that promote physical health. (NURS 2, 4)
2. Describe characteristics of healthy persons and self care practices that promote mental health. (NURS 1)
3. Identify the role and function of commonly available community health services and the availability of health education resources and instructional aids. (NURS 1)
4. Participate in at least twelve (12) hours of fitness activities (NURS 1)

B. Specific Objectives

Upon completion of this course, the student will be able to:
1. Identify individual responsibilities and self care practices
   a. Define health and wellness
   b. Describe how predisposing factors, beliefs, attitudes, and significant others affect behavior changes
   c. Identify current issues in health and health care
   d. Investigate behavior change techniques and apply them to personal behavior change.
2. Describe characteristics of healthy persons and self care practices
   a. Define psychosocial health in terms of mental, emotional, social, and spiritual components
   b. Identify and utilize positive steps to enhance psychosocial well being
   c. Identify the special stressors that affect college students
3. Search for and use available resources and services that are useful to the student in need of assistance or instruction related to personal health
4. Participate in various ways of maintaining physical fitness
   a. Describe the rules or regulations for various physical activities
   b. Demonstrate basic ability in performing various physical activities

III. Course Content

This course is designed to start developing the skills needed for personal health and fitness.
1. Individual fitness programs
2. Nutrition, diet, and label reading
3. Goal setting for health and fitness
4. Mental health practices
5. Personal hygiene
6. Community health services
VI.  Methods of Instruction

1. Community seminar series
2. Listening and note taking
3. Reading
4. Group work
5. Discussions
6. Physical education laboratory

VII. Equipment and Materials

1. Whiteboard
2. Health materials
3. Large venue for seminars
4. Computer lab
5. Computer and projector
6. Notebooks

VIII. Suggested Methods of Evaluation

1. Participation
2. Assignments from seminars
3. Electronic journal
4. Lab completion

Letter grades will be assigned per CMI Grading System.