

El Paso Community College

Syllabus

Part II

Official Course Description

SUBJECT AREA TITLE	<u>Health Services/Allied Health/Health Sciences, General</u>
COURSE RUBRIC AND NUMBER	<u>HPRS 1202</u>
COURSE TITLE	<u>Wellness and Health Promotion</u>
COURSE CREDIT HOURS	<u>2 2 :</u> Credits Lec Lab

I. Catalog Description

Provides an overview of wellness theory and its application throughout the life span. Focuses on attitude development, impact of cultural beliefs, and communication of wellness. A grade of "C" or better is required in this course to take the next course. **(2:0)**.

II. Course Objectives

Upon satisfactory completion of this course, the student will be able to:

- A. Demonstrate innovative methods for effective health program management, raising awareness, changing behavior, and gaining community support through health promotion.
- B. Identify general disease prevention methods, health promotion programs and health screening procedures for target populations throughout the life-span.
- C. Identify culturally appropriate presentation techniques adaptable to a variety of audiences and ethical issues relevant to health promotion.
- D. Discuss the impact of ethnicity, culture, behavior and health care delivery throughout the life-span.
- E. Discuss methods and guidelines for target populations to increase utilization of health care services through health promotion, community initiatives, and through Healthy People 2010 objectives such as access to health care.
- F. Identify health and nutritional interventions for age specific groups and develop educational plans for target populations.
- G. Design and implement an appropriate health promotion project that will benefit a target population.
- H. Participate in skill-building exercises provided by health or community agencies.

III. THECB Learning Outcomes (WECM)

1. Explain personal, social, cultural, nutritional, and environmental components of wellness.
2. Correlate concepts of wellness and healthy lifestyle.
3. Develop health promotion strategies.

IV. Evaluation

- A. Grading scale
 A = 90-100
 B = 80-89
 C = 70-79
 D = 60-69
 F = 59 and below

B. Grade determination

Unit Exams	30 %
Assignments	10 %
Community Project	30 %
Attendance	10 %
Final Exam	<u>20 %</u>
Total	100 %

V. Disability Statement (Americans with/Disabilities Act [ADA])

EPCC offers a variety of services to persons with documented sensory, mental, physical, or temporary disabling conditions to promote success in classes. If you have a disability and believe you may need services, you are encouraged to contact the Center for Students with Disabilities to discuss your needs with a counselor. All discussions and documentation are kept confidential. Offices located: VV Rm C-112 (831-2426); TM Rm 1400 (831-5808); RG Rm B-201 (831-4198); NWC Rm M-54 (831-8815); and MDP Rm A-125 (831-7024).

VI. 6 Drop Rule

Students who began attending Texas public institutions of higher education for the first time during the Fall 2007 semester or later are subject to a 6-Drop limit for all undergraduate classes. Developmental, ESL, Dual Credit and Early College High School classes are exempt from this rule. All students should consult with their instructor before dropping a class. Academic assistance is available. Students are encouraged to see Counseling Services if dropping because exemptions may apply. Refer to the EPCC catalog and website for additional information.