

## COLLEGEWIDE COURSE OUTLINE OF RECORD

### HLHS 111, HEALTH AND WELLNESS FOR LIFE

**COURSE TITLE:** Health and Wellness for Life

**NUMBER/SECTION:** HLHS 111

**TERM:** 2016-2017

#### CONTACT INFORMATION

**Instructor Name:** Angie Talbott, RN & Lainey Millikan, RN

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329 South Street New Castle, In 47362

Class: 7:45-10:30 a.m.

**Office Hours: 12:00-3:30 p.m. Mon-Fri (Angie) & 8:00-10:30am M, T, Th, F (Lainey)**

#### REQUIRED TEXT

**Title:** Concepts in Health & Wellness

**Author:** James Robinson III & Deborah J. McCormick

COURSE TITLE: Health and Wellness for Life

COURSE NUMBER: HLHS 111

PREREQUISITES: Demonstrated competency through appropriate assessment or earning a grade of "C" or better in ENGL 025 Introduction to College Writing II or ENGL 093

Introduction to College Writing and ENGL 032 Reading Strategies for College II or ENGL 083 Reading Strategies for College.

SCHOOL: Health Sciences

PROGRAM: Health Care Support

CREDIT HOURS: 3

CONTACT HOURS: Lecture: 3

DATE OF THIS REVISION: Summer, 2011

EFFECTIVE DATE OF THIS REVISION: Fall, 2011

CATALOG DESCRIPTION: This course promotes the development and maintenance of health and wellness throughout life. Current topics of interest such as stress management, nutrition, fitness, environmental health, and changing needs during various stages of life are explored. Students evaluate their own health and risk factors associated with modern lifestyles.

MAJOR COURSE LEARNING OBJECTIVES: Upon successful completion of this course, the student will be expected to:

1. Identify and describe the basic components of wellness.
2. Identify and describe personal health assessment techniques.
3. Explain strategies for achieving wellness.
4. Identify and describe hereditary factors relating to wellness.
5. Identify and describe psychological factors relating to wellness.
6. Identify and explain biological factors as they relate to wellness.
7. Compare the components of wellness as they change in various stages of the life cycle.
8. Identify and describe a variety of health conditions and diseases.
9. Describe the relationship between lifestyle choices and a variety of health conditions and diseases.
10. Explain ways in which factors within society may affect personal health.

COURSE CONTENT: Topical areas of study include:

- I. Overview of wellness
  - a. Components of wellness
  - b. Personal health assessment techniques
  - c. Strategies for achieving wellness
  - d. Behavior modification
- II. Basics of wellness
  - a. Hereditary factors
  - b. Psychological factors
    - i. Mental health
    - ii. Stress management
  - c. Biological factors
    - i. Nutrition
    - ii. Weight control
    - iii. Physical fitness
    - iv. Sexuality
  - d. Healthy Lifestyles in various stages of life
    - i. Infants and preschoolers
    - ii. Children and teens
    - iii. Young adults
    - iv. Middle age adults
    - v. Elders
    - vi. Issues in aging and death
- III. Health and lifestyle choices
  - a. Mental disorders
  - b. Drug use
  - c. Sexually transmitted diseases
  - d. Cardiovascular diseases
  - e. Cancer
  - f. Infectious vs. non-infectious diseases

#### IV. Health and society

- a. Environmental health issues
- b. Personal safety
- c. Consumer health and health care

#### ACADEMIC HONESTY STATEMENT

The College is committed to academic integrity in all of its practices. The faculty value intellectual integrity and a high standard of academic conduct. Activities that violate academic integrity undermine the quality and diminish the value of educational achievement.

Cheating on papers, tests or other academic works is a violation of College rules. No student shall engage in behavior that, in the judgment of the instructor of the class, may be constructed as cheating. This may include, but is not limited to, plagiarism or other forms of academic dishonesty such as the acquisition without permission of tests or other academic materials and/or distribution of these materials and other academic work. This includes students who aid and abet as well as those who attempt such behavior.

#### COPYRIGHT STATEMENT

Students shall adhere to the laws governing the use of copyrighted materials. They must insure that their activities comply with fair use and in no way infringe on the copyright or other proprietary rights of others and that the materials used and developed at Ivy Tech Community College contain nothing unlawful, unethical, or libelous and do not constitute any violation of any right of privacy.

#### ADA STATEMENT

##### **ADA STATEMENT**

New Castle Career Center seeks to provide reasonable accommodations for qualified individuals with documented disabilities. If you need an accommodation because of a documented disability, please contact the New Castle Career Center's Office. If you will require assistance during an emergency evacuation, notify your instructor immediately. Look for evacuation procedures posted in your classroom.

#### ASSIGNMENTS AND DUE DATES

Health Science Education  
Tentative Assignment Schedule  
2016/2017

Week #1 (First Day for Students: Tuesday, August 2, 2016)

Topics: Health Science Education Introduction-rules & regulations, Health Care Systems, Professions, Professional Characteristics, Resident Rights, Abuse (Hartman's Nursing Assistant Care Chapters 1, 2, 3). Abbreviations #1.

Week #2

Topics: General Orientation to Henry County Hospital (Includes info. On Safety

Topics such as body mechanics, infection control, disaster response, fire, fainting, fall, choking & maintaining safe work environment, confidentiality, abuse & HIPAA), PPD #1, Health Care Systems, Professional Characteristics of Health Care Worker include Lifelong Learning, & Introduction of Vital Signs-Measuring & Recording (Hartman's Nursing Assistant Care Chapters 5, 6, 7, 14). Abbreviations Quiz #1, Healthcare Systems Test

#### Week #3

Topics: Safety (Heimlich, Emergencies, & Body Mechanics Check offs), Activities of Daily Living (ADLs): positions, transfers, ambulation, bathing, peri care, shampoo, cath care, back rub, whirlpool, grooming & personal hygiene (oral care, denture care, shaving, combing hair, nail and foot care), Introduction to Communication, Vital Signs check-offs begin, Supervisors' Orientation, Hand washing, Donning/Doffing Gloves Check-offs, (Hartman's Nursing Assistant Care Chapters 4, 10, 13), Abbreviations #2, Infection Control Quiz, Medical Law & Ethics Test, CNA CPR Group #1

#### Week #4

Topics: Cont. Vital Signs Check-offs, Check-offs for Heimlich, Donning/Doffing gloves, Fire Safety, Faint/fall & seizure, Activities of Daily Living: Change Gown, Dressing a Dependent Resident, Toileting, Bedmaking: Occupied & Unoccupied; skin care: floating heels, bed cradle; Nutrition & Hydration: thickened liquids, passing fresh ice water, feeding, assist to eat, (Hartman's Nursing Assistant Care Chapters 15, 16, 17), Abbreviations Quiz #2, Safety Quiz, Vital Signs Quiz, CNA CPR Group #2

#### Week #5

Topics: Continue with Vital Signs Check offs, Oxygen Use, Nasal Cannula Care; Devices/Interventions: Hearing Aids & TED Hose; Special Care Needs, Cognitive Impairment & Therapies, Mental Health & Social Needs, Criminal Background Checks, PPD #2, Rehabilitation & Restorative Services: ROM, Splint, Abdominal Binder, Abduction Pillow, Knee Immobilizer, Palm Cone; (Hartman's Nursing Assistant Care Chapters 8, 19, 20, 21), Abbreviations #3, Communication Quiz, CNA CPR Group #3

#### Week #6

Topics: Labor Day September 5, 2016—No School; Body Systems: A & P, Diseases & Disorders, (Integumentary, Nervous, Circulatory, Musculoskeletal, Respiratory, Urinary, Gastrointestinal, Endocrine, Reproduction, & Immune/Lymphatic Systems), (Hartman's Nursing Assistant Care Chapters 9, 18), Abbreviations Quiz #3, *Henry County Day of Caring*

#### Week #7

Topics: Admission, Transfer, Discharge, End of Life: Hospice, Signs & Symptoms, Post-Mortem Care, Daily Responsibilities of a Health Care Worker (CNA); CNA Theory & Skills Review/Practice in Lab, (Hartman's Nursing Assistant Care Chapters 11, 12, 22, 23, 24), Review A&P, Common Diseases, Anatomy & Physiology Test, CNA CPR Group #4

#### Week #8 **Clinical for all students!**

#### Week #9- **Clinical for all students!** Specialty Area CPR Group #1

## Fall Break-No School October 3-7, 2016

Week #10- **Clinical for all students!** Specialty Area CPR Group #2

Week #11-#12 **Clinical for all students!**

Week #13 **HOSA Week!** 11/1-11/4/16 Review in classroom at REC for CNA students and Specialty Areas remain in clinical.

Week #14-#15 **Clinical for Specialty Area Students & and Testing for CNA students**

Week #16 **Class/No clinical**

Topics: Job Seeking Skills: Interviewing, Job Application, Portfolio: Resume, Cover Letter, Credentials

Assign Portfolio Project & Career Research Paper (due Friday, December 9, 2016)

Give Med Terms #1 and Abbreviations #4

## Thanksgiving Break-No School November 23-25, 2016

Week #17 **Class/No clinical**

Topics: Jeff Hartz-Careers

Medical Math

Research time in computer lab for Portfolio and Career Research Paper

Abbreviations Quiz #4, Med Term Video & Quiz #1

Give Med Terms #2 and Abbreviations #5

Week #18 **Class/No clinical**

Topics: Exploring Medical Language Ch. 1 "Introduction to Medical Language"

Concepts in Health and Wellness Ch. 1 "Current Health Issues"

Start Growth & Development

Personal Wellness Plan Week 1

Abbreviations Quiz #5 and Med Term Video & Quiz #2

Give Med Terms #3 and Abbreviations #6

Career Research Paper/Portfolios Due!

Week #19 **Class/No clinical**

Topics: Exploring Medical Language Ch. 2 "Body Structure, Color, and Oncology"

Concepts in Health and Wellness Ch. 2 "Building Wellness Skills"

Finish Growth & Development

Personal Wellness Plan Week 2

Abbreviations Quiz #6 and Med Term Video & Quiz #3

Movie, Secret Santa, Christmas Pitch-In

## Christmas Break-No School December 19-January 3, 2017

**Week #20 Class/No clinical**

Topics: Go over new class/clinical schedules  
Emergency Medicine- Triage, Trauma, Mass Casualty  
Give Med Terms #4 & Abbreviations #7  
Fieldtrip?

**Week #21 Class Tuesday & Wednesday/Clinical Monday, Thursday, Friday**

Topics: Finish Emergency Medicine  
Start Disease-Give Disease Presentation/Research Paper Assignment-(Presentations due per schedule, Research paper due Wednesday, February 1, 2017)  
Clinical/Fieldtrip discussion  
Med Term Video & Quiz #4 & Abbreviations Quiz #7  
Give Med Terms #5 & Abbreviations #8

**Week #22 Class Tuesday & Wednesday/Clinical Thursday, Friday (No school Monday, January 16<sup>th</sup>-MLK Jr. Day, Built in Snow Day #1)**

Topics: Finish Disease/Computer Lab time  
Exploring Medical Language Ch. 3 "Directional Terms, Planes, Positions, Regions, and Quadrants"  
Concepts in Health and Wellness Ch. 3 "Managing Stress"  
Personal Wellness Plan Week 3  
Abbreviations Quiz #8 and Med Term Video & Quiz #5

**Week #23 Class Tuesday & Wednesday/Clinical Monday, Thursday, Friday**

Topics: Exploring Medical Language Ch. 4 "Integumentary System"  
Concepts in Health and Wellness Ch.4 "Mental and Emotional Health"  
Personal Wellness Plan Week 4  
Disease Presentations Groups 1 & 2

**Week #24 Class Tuesday & Wednesday/Clinical Monday, Thursday, Friday**

Topics: Exploring Medical Language Ch. 5 "Respiratory System..."  
Concepts in Health and Wellness Ch.5 "Resolving Conflict"  
Personal Wellness Plan Week 5  
Disease Presentations Groups 3 & 4  
**Research Papers Due!**  
Give Med Terms #6 and Abbreviations #9

**Week #25 Class Tuesday & Wednesday/Clinical Monday, Thursday, Friday**

Topics: Exploring Medical Language Ch. 6 "Urinary System"  
Concepts in Health and Wellness Ch. 6 "Developing Healthy Relationships"  
Personal Wellness Plan Week 6  
Abbreviations Quiz #9 and Med Term Video & Quiz #6  
Give Abbreviations #10 and Med Term #7

**Week #26 Class Tuesday & Wednesday/Clinical Monday, Thursday, Friday**

Topics: Exploring Medical Language Ch. 7 "Male Reproductive System"  
Concepts in Health and Wellness Ch. 7 "Sexual Wellness and Reproduction"  
Personal Wellness Plan Week 7

Abbreviations Quiz #10 and Med Term Video & Quiz #7

Give Abbreviations #11 and Med Term #8

**Week #27 Class Tuesday & Wednesday/Clinical Thursday, Friday (No school Monday, February 20<sup>th</sup>-  
President's Day, Built in snow day #2)**

Topics: Exploring Medical Language Ch. 8 "Female Reproductive System"

Concepts in Health and Wellness Ch. 8 "The Physically Active Lifestyle"

Personal Wellness Plan Week 8

Abbreviations Quiz #11 and Med Term Video & Quiz #8, Give Med Term #9

**Week #28 Class Tuesday & Wednesday/Clinical Monday, Thursday, Friday**

Topics: Exploring Medical Language Ch. 9 "OB & Neonatology"

Concepts in Health and Wellness Ch. 9 "Nutritional Wellness"

Personal Wellness Plan Week 9

Med Term Video & Quiz #9, Give Med Term #10

**Week #29 Class Tuesday & Wednesday/Clinical Monday, Thursday, Friday**

Topics: Exploring Medical Language Ch. 10 "Cardiovascular, Immune, Lymph, & Blood"

Concepts in Health and Wellness Ch. 10 "A Healthy Approach to Weight Management"

Personal Wellness Plan Week 10

Med Term Video & Quiz #10, Give Med Term #11

**Week #30 Class Tuesday & Wednesday/Clinical Monday, Thursday, Friday**

Topics: Exploring Medical Language Ch. 11 "Digestive System"

Concepts in Health and Wellness Ch. 11 "Tobacco"

Personal Wellness Plan Week 11

Med Term Video & Quiz #11

**Week #31 Class Tuesday & Wednesday/Clinical Monday, Thursday, Friday**

Topics: Exploring Medical Language Ch. 12 "Eye"

Concepts in Health and Wellness Ch. 12 "Alcohol and Other Drugs"

Personal Wellness Plan Week 12

**Spring Break-No School March 27-April 7, 2017**

**Week #32 Class Tuesday & Wednesday/HOSA Prep or Clinical Monday, Thursday, Friday**

Topics: Exploring Medical Language Ch. 13 "Ear"

Concepts in Health and Wellness Ch. 13 "Infectious Diseases"

Personal Wellness Plan Week 13

**Week #33 HOSA SLC Monday, Tuesday, Wednesday/Clinical Thursday, Friday or Clinical Monday-Friday**

**Week #34 Class Tuesday & Wednesday/Clinical Monday, Thursday, Friday**

Topics: Exploring Medical Language Ch. 14 "Musculoskeletal"

Concepts in Health and Wellness Ch. 14 "Chronic Diseases"

Personal Wellness Plan Week 14

NCHSE for Non-CNA's

Study Guide for Med Term Final: Due-5/16/17

Cookbook Recipes project & Diet/Disease Paper: Due-5/17/17

**Week #35 Class Tuesday & Wednesday/Clinical Monday, Thursday, Friday**

Topics: Exploring Medical Language Ch. 15 "Nervous System and Behavioral Health"

Concepts in Health and Wellness Ch. 15 "Safety and Emergency Preparedness"

Concepts in Health and Wellness Ch. 16 "Environmental Health"

Personal Wellness Plan Week 15 & 16

Supervisor's Appreciation Banquet

**Week #36 Class Tuesday & Wednesday/Clinical Monday, Thursday, Friday**

Topics: Exploring Medical Language Ch. 16 "Endocrine System"

Concepts in Health and Wellness Ch. 17 "Health and Wellness through the Life Span"

Personal Wellness Plan Week 17

Study Guide for Med Term Final Due!

Cookbook Recipes project & Diet/Disease Paper Due!

**Week #37 Class**

Topics: HSE End of Course Assessment

Health & Wellness Final

Med Term Final

HOSA Senior Breakfast/Lunch

**Week #38 Class (Last Student Day May 25, 2017)**

Topics: Stress Management

Exit Interviews

**The instructor retains the prerogative of changing or adjusting the course syllabus to best accommodate the pace of progression and the needs of the students.**

**GRADES**

<b>98-100%</b>	<b>= A+</b>
<b>92-97%</b>	<b>= A</b>
<b>90-91%</b>	<b>= A-</b>
<b>88-89%</b>	<b>= B+</b>
<b>82-87%</b>	<b>= B</b>
<b>80-81%</b>	<b>= B-</b>
<b>78-79%</b>	<b>= C+</b>
<b>72-77%</b>	<b>= C</b>
<b>70-71%</b>	<b>= C-</b>
<b>68-69%</b>	<b>= D+</b>
<b>62-67%</b>	<b>= D</b>
<b>60-61%</b>	<b>= D-</b>
<b>0-59%</b>	<b>= F</b>

Grading is based upon a total points system. Grades are taken from tests, quizzes, homework, projects, participation, and employment skills (PRIDE: Persistent, Respectful,



Initiative, Dependable, Efficient) Employment Skills will count as a minimum of 30% of the total points per grading period per grading period.

**Skills Evaluations are based upon ISDH CNA checklist requirements**

**Clinical Experience is determined by the clinical supervisor and will play a significant part of the Employment Skills grade. The purpose of the supervisor evaluation is to show how well work related skills are being mastered or improved. The evaluation is based upon the overall impression of the supervisor on the performance of the student while working or learning in the clinical area. A student may be removed from the clinical setting due to a failing effort on the clinical evaluation.**

**Semester Grade:**

**1<sup>st</sup> Semester Grade**

**3/7 of grade=1<sup>st</sup> grading period grade**

**3/7 of grade=2<sup>nd</sup> grading period grade**

**1/7 of grade=Portfolio Project**

**2<sup>nd</sup> Semester Grade**

**3/7 of grade=3<sup>rd</sup> grading period grade**

**3/7 of grade=4<sup>th</sup> grading period grade**

**1/7 of grade=Final Exam (End of Course Assessment)**

Each student has the opportunity to earn dual credits.

The dual credits that will be offered for the 2016/2017 school year are as follows:

- 3 credits for HLHS 100 Introduction to Health Careers
- 3 credits for HLHS 101 Medical Terminology (Requires Accuplacer testing to qualify)
- 5 credits for HLHS 107 CNA Preparation
- 3 credits for HLHS 111 Health and Wellness for Life

Dual Credit Grades are based upon the Ivy Tech Grading Scale which is as follows:

93-100%	A
85-92%	B
75-84%	C
70-74%	D
69% & below	F

**WITHDRAWAL POLICY FOR HIGH SCHOOL DUAL CREDIT COURSES**

**For fall semester only courses, write:** “If you do not have a C or better on November 15<sup>th</sup>, you will be withdrawn from college credit. Students may request to be withdrawn before November 15<sup>th</sup>.”

**For spring semester only courses, write:** “If you do not have a C or better on April 15<sup>th</sup>, you will be withdrawn from college credit. Students may request to be withdrawn before April 15<sup>th</sup>.”

**For year-long courses, write:** “If you have a D or F at the end of first semester, you will be withdrawn from college credit. If you do not have a C or better on April 15<sup>th</sup>, you will be withdrawn from college credit. Students may request to be withdrawn before April 15<sup>th</sup>.”

**For all courses, write:** Federal financial aid is based on a 2.0 GPA and a 67% course completion rate.