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| **Course title and code: Personal Health**  **(CHS 311)**   1. **Learning Objectives:**   **By the end of this course, students should be able to:**   * Describe the concept of personal health. * Identify protective and risk factors affecting personal health and wellness. * Recognize common personal health problems. * The promotion of personal health. * Illustrate strategies that help maintaining or improving well-being. * Modifying personal life style in order to maintain optimum health and prevent diseases. |
| **2. Credit hours:** 3 hours ( theoretical) |
| **3. Program(s) in which the course is offered.** Health Education program, Bachelor degree |
| **4. Name of faculty member responsible for the course**  Shar Alahmari (Male section) |
| **5. Level/year at which this course is offered:** Level 4 /year 2 |
| **6. Pre-requisites for this course (if any):** CHS 212 |
| **7. Co-requisites for this course (if any):** None |
| **8. Location if not on main campus:** Al Deriyah for male students. |

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| **1 Topics to be Covered** | | |
| **List of Topics** | **No of**  **Weeks** | **Contact hours** |
| Health versus Wellness.  e and  illness Factors affecting health and disease | 2 | 6 |
| Disease versus Illness. | 1 | 3 |
| Physical Activity and Health. | 2 | 6 |
| Stress and Health. | 1 | 3 |
| Anger Management. | 1 | 3 |
| Self Esteem. | 1 | 3 |
| Positive Thinking. | 1 | 3 |
| Diet: healthy and unhealthy diet. | 2 | 6 |
| Chronic illness and related factors. | 2 | 6 |
| Sleep | 1 | 3 |
| Aging | 1 | 3 |
| **1. List Required Textbooks:**   * Payne, W, Hahn, D. Lucas, E (2011). Understanding Your Health. New York : McGraw-Hill. | | | | |
| **2. List Essential References Materials (Journals, Reports, etc.)** Peterson , C. [, Stunkard](http://www.sciencedirect.com/science/article/pii/0277953689901111), A. (1989). Personal control and health promotion. [Volume 28, Issue 8](http://www.sciencedirect.com/science/journal/02779536/28/8), Pages 819–828. | | | | |
| **3- List Recommended Textbooks and Reference Material (Journals, Reports, etc)** Journal of School Health, American School Health Association.Gains, J. (1985). Health Education Content Assessment. [Volume 15](http://www.tandfonline.com/loi/ujhe18?open=15#vol_15), [Issue 7](http://www.tandfonline.com/toc/ujhe18/15/7). | | | | |
| **4-. List Electronic Materials (eg. Web Sites, Social Media, Blackboard, etc.)** Healthy People. Healthy People 2000: National Health Promotion and Disease Prevention Objectives-Nutrition Priority Area Available online. URL: <http://journals.lww.com/nutritiontodayonline/Abstract/1990/11000/Healthy_People_2000__National_Health_Promotion_and.7.aspx>.  * Oxford Journals of Health Promotion International. Available Online URL:   http://heapro.oxfordjournals.org/content/15/3/259.short | | | | |
| **5- Other learning material such as computer-based programs/CD, professional standards or regulations and software**.  None | | | | |