



Alabama Community College System

HED 221 Personal Health

I. HED 221 Personal Health—3 Semester Hours

II. Course Description

This course introduces principles and practices of personal and family health; it includes human reproduction, growth and development, psychological dimensions of health, human sexuality, nutrition and fitness, aging, death and dying.

III. Prerequisite

None

IV. Textbook

NOTE: Replace this statement with required textbook information.

Due to the varied selection of quality college-level textbooks, each college will select the textbook needed to meet the requirements of this course.

V. Course Learning Outcomes

By the end of the course, students will be able to:

1. define personal and family health and identify the major contributing factors.
2. describe how the different dimensions of wellness are integrated into health.
3. identify health risk behaviors related to nutrition and physical fitness, weight management, infectious diseases, and the use of drugs and alcohol.
4. recognize characteristics of each stage of the human life cycle and identify specific health requirements for each stage.
5. examine current dietary recommendations and determine how each could be incorporated into a personal plan for healthy eating behaviors.

VI. Course Outline of Topics

1. Nutrition
 2. Wellness and Physical Fitness
 3. Psychological Wellness
 4. Human Growth and Development
 5. Human Sexuality
- Drugs and Alcohol

VII. Evaluation and Assessment

Grades will be given based upon A = 90 – 100%, B = 80 – 89%, C = 70 – 79%, D = 60 – 69%, and F = below 60%.

VIII. Attendance

Students are expected to attend all classes for which they are registered. Students who are unable to attend class regularly, regardless of the reason or circumstance, should withdraw from that class before poor attendance interferes with the student's ability to achieve the objectives required in the course. Withdrawal from class can affect eligibility for federal financial aid.

IX. Statement on Discrimination/Harassment

It is the official policy of the Alabama Community College System and entities under its control, including all Colleges, that no person shall be discriminated against on the basis of any impermissible criterion or characteristic, including, without limitation, race, color, national origin, religion, marital status, disability, sex, age, or any other protected class as defined by federal and state law. (ACCS Policies 601.02 and 800.00)

X. Americans with Disabilities

The Rehabilitation Act of 1973 (Section 504) and the *Americans with Disabilities Act* of 1990 state that qualified students with disabilities who meet the essential functions and academic requirements are entitled to reasonable accommodations. It is the student's responsibility to provide appropriate disability documentation to the College.