HEALTH OCCUPATIONS CORE CURRICULUM
HPRS 1202
Wellness and Health Promotion
Syllabus

Prerequisites:
One of the following must be met: (1) Developmental Reading 0093 AND Developmental Writing 0093; (2) English as a Second Language (ESOL) 0044 AND 0054; or (3) have met Texas Success Initiative (TSI) Reading and Writing standards and DCCCD Writing score prerequisite requirement.

Course Description:
This course provides an overview of wellness theory and its application throughout the life span, with a focus on attitude development, impact of cultural beliefs, and communication of wellness.

Credit Hours: 2

THECB INFORMATION
End-of-Course Outcomes:
By the end of this course, the student will be able to define wellness and health promotion; explain personal, social, cultural, nutritional, and environmental components of wellness; correlate concepts of wellness and healthy lifestyle; and develop health promotion strategies.

Student Learning Outcomes/SLO
Upon successful completion of HPRS 1202, students will be able to:

1. Discuss the theory and philosophy of health attitude development
2. Discuss holistic health.
3. Develop a personal wellness program including nutrition, exercise, and stress reduction
4. Discuss impact of health issues on individual’s environment and community.
5. Discuss health issues related to healthy aging.
6. Present a current health issue research project.
7. 15 Hour Service Learning Requirement

COURSE MATERIALS
Textbook:
Donatelle, Rebecca J.
Access to Health, 11th edition. (Green Ed)
2010 Pearson Education Inc.

A student of El Centro College is not under any obligation to purchase a textbook from a university-affiliated bookstore. The same textbook may also be available from an independent retailer, including an online retailer (THECB TAC Rule 4.218 (c) )

Major Course Requirements
Students will participate in community service learning, will research and present on a community health issue topic and will journal a person behavior change plan

Presentations and exams will evaluate the student's understanding of wellness and health promotion for themselves as well as the community
**Subject Matter**
Topics covered in this course include:
- Psychosocial health, stress management
- Healthy relationships and life’s transitions
- Sexuality and reproduction choices and STDs
- Nutrition and Addictions
- Prevalent diseases
- Environmental health, consumerism and alternative medicine

**Disclaimer**
The provisions contained in this syllabus do not constitute a contract between the student and El Centro College. These provisions may be changed at the discretion of the Coordinator/Instructor. When necessary, appropriate notice of such changes will be given to the student.

Students will be notified of changes with eCampus Announcements. It is the student’s responsibility to check course eCampus Announcements frequently.

The instructor-of-record may provide additional information to enhance the course to meet the needs of the enrolled students, provided that the enhancements do not conflict with the official course syllabus.

**IMMUNIZATION POLICY**
More detailed information on this policy is available from the Health Occupations Admission Office.
All students admitted to the El Centro Allied Health and Nursing programs must complete the following vaccination/screening tests and provide required documentation (immunization records, physician-validated history, or serologic confirmation):

- **Tuberculosis Screening**: An intradermal PPD (Mantoux) “skin” test is required for all applicants. **The PPD must be current within twelve (12) months of the applicant’s anticipated entry into a health occupations program.** When accepted to a health occupations program, a student must be current on the screening and repeat the PPD every twelve (12) months for the duration of his/her enrollment in the program.

  If the PPD indicates a positive reaction, documentation must indicate the induration of the test site and the applicant must also obtain a chest x-ray verifying the absence of active disease. **The chest x-ray must be current within one (1) year of program entry.** The chest x-ray will then be valid for two (2) years while the student is enrolled in the program. Individuals who have received the BCG injection or who have a history of tuberculosis or a positive PPD result should obtain a chest x-ray rather than the PPD.

- **Immunizations**: An applicant must have completed the following immunizations according to the indicated guidelines and schedules. Documentation of a titer (blood test) **with specific lab values** verifying immunity or seropositivity is also acceptable for Measles, Mumps, Rubella, Varicella, and Hepatitis B.

1. **Measles** – Two (2) doses of measles (“rubeolla”) vaccine is required either in separate injections or in combination with mumps and rubella (“MMR”). **Both measles immunizations must have been received after January 1, 1968.** Individuals who were born prior to 01/01/57 are exempt from the measles immunization requirements.

2. **Mumps** – One (1) dose of mumps vaccine is required either in a separate injection or in combination with measles and rubella (“MMR”). Individuals who were born prior to 01/01/57 are exempt from the mumps immunization requirement.

3. **Rubella** – One (1) dose of rubella vaccine is required either in a separate injection or in combination with measles and mumps (“MMR”). There is no exemption from the rubella immunization requirement for individuals who were born prior to 01/01/57.

4. **Tetanus/Diphtheria/Pertussis (“Tdap”)**– One (1) dose of Tdap is required within the past ten (10) years. The documentation must clearly indicate that a Tdap was received. **NOTE:** A standard Tetanus or Tetanus/Diphtheria (Td) is not accepted.
5. **Varicella (chickenpox)** – Two (2) doses of varicella vaccine are required or documentation of a positive titer (blood test) with the lab values report. **NOTE:** A statement from a physician or parent indicating the student’s previous varicella disease history is no longer accepted.

6. **Influenza** – One dose of a flu vaccine is required within twelve (12) months of anticipated entry to a health occupations program.

7. **Hepatitis B series** – Three (3) doses of Hepatitis B vaccine are required per the timetable below: Initial dose, Second dose one month after the initial dose, Third dose five months after the second dose. If an applicant fails to adhere to the above schedule, the series may have to be repeated.

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**Policies**
Students should click on the links below and read all of the policies
General Institutional policies and Course-Related Institutional policies
http://www.elcentrocollege.edu/admissions/schedule/syllabus/Course-Related-Policies.pdf

**Student Handbook**
The student handbook with additional information for students is available at
http://www.elcentrocollege.edu/StudentServices/Spar