Health Occupations Core Curriculum

WELLNESS AND HEALTH PROMOTION
COURSE SYLLABUS
HPRS 1202

All students must wear their ECC Picture ID Badge. It should be worn on the upper part of the body where it is clearly seen. Program uniforms do not replace the college ID requirement. Students who do not have a college ID will not be permitted in class, after the 12th class day.

Prerequisites:
Must be Texas Success Initiative (TSI) met in Reading and Writing.

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 Lecture

THECB INFORMATION
End-of-Course Outcomes:
By the end of this course, the student will be able to 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 and analyze the theory and philosophy of health attitude development.
2. Outline the components of holistic health for healthy individuals across the lifespan.
3. Develop a personal wellness program including nutrition, exercise, and stress reduction.
4. Discuss and analyze the impact of health issues on the individual’s environment and community.
5. Evaluate the role of gender, ethnicity, gender identity, age, and sex in health disparities.
6. Research, analyze, and present a current health issue project.
7. Analyze the role of the health provider in addressing health lifestyle issues both personally and in others.

COURSE MATERIALS
Textbook:
Donatelle, Rebecca J.
Access to Health, 13th edition
2014 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 a community service learning project, research/present on a community health issue topic, and journal a personal behavior change plan. Presentations and exams will evaluate the student’s understanding of wellness and health promotion for themselves, as well as for 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

HPRS 1202 Calendar
NOTE: THIS SCHEDULE IS SUBJECT TO CHANGE AT INSTRUCTOR’S DISCRETION.

<table>
<thead>
<tr>
<th>WEEK</th>
<th>CHAPTER TOPIC</th>
<th>CHAPTER(S)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 1</td>
<td>Living Well</td>
<td>Donatelle: Chapters 1 &amp; 2</td>
</tr>
<tr>
<td></td>
<td>Psychosocial Health</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Begin working on Wellness Journal</td>
<td></td>
</tr>
<tr>
<td>Week 2</td>
<td>Managing Stress</td>
<td>Donatelle: Chapters 3 &amp; 4</td>
</tr>
<tr>
<td></td>
<td>Building Healthy Relationships</td>
<td></td>
</tr>
<tr>
<td>Week 3</td>
<td>Sexuality</td>
<td>Donatelle: Chapters 5 &amp; 6</td>
</tr>
<tr>
<td></td>
<td>Reproductive Choices</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Work on Wellness Journal</td>
<td></td>
</tr>
<tr>
<td>Week 4</td>
<td>Eating for a healthier you</td>
<td>Donatelle: Chapter 7</td>
</tr>
<tr>
<td>Week 5</td>
<td>Exam #1  Chapters 1 - 7</td>
<td></td>
</tr>
<tr>
<td>Week 6</td>
<td>Weight</td>
<td>Donatelle: Chapters 8 &amp; 9</td>
</tr>
<tr>
<td></td>
<td>Improving physical fitness</td>
<td></td>
</tr>
<tr>
<td>Week 7</td>
<td>Addictions and Addictive Behavior</td>
<td>Donatelle: Chapters 10 &amp; 11</td>
</tr>
<tr>
<td></td>
<td>Drinking Alcohol Responsibly</td>
<td></td>
</tr>
<tr>
<td>Week 8</td>
<td>Tobacco and Caffeine</td>
<td>Donatelle: Chapters 12 &amp; 13</td>
</tr>
<tr>
<td></td>
<td>Drug abuse</td>
<td></td>
</tr>
<tr>
<td>Week 9</td>
<td>Infectious Diseases</td>
<td>Donatelle: Chapter 14</td>
</tr>
<tr>
<td>Week 10</td>
<td>Exam #2  Chapters 8 - 14</td>
<td></td>
</tr>
<tr>
<td>Week 11</td>
<td>Cardiovascular Disease</td>
<td>Donatelle: Chapter 15 &amp; 16</td>
</tr>
<tr>
<td></td>
<td>Cancer</td>
<td></td>
</tr>
<tr>
<td>Week 12</td>
<td>Chronic Conditions</td>
<td>Donatelle: Chapter 17 &amp; 18</td>
</tr>
<tr>
<td></td>
<td>Complementary Health Care</td>
<td></td>
</tr>
<tr>
<td>Week 13</td>
<td>Violence and Abuse</td>
<td>Donatelle: Chapter 19 &amp; 20</td>
</tr>
<tr>
<td></td>
<td>Environmental Health</td>
<td></td>
</tr>
<tr>
<td>Week 14</td>
<td>Aging, Death, and Dying</td>
<td>Donatelle: Chapter 21</td>
</tr>
<tr>
<td>Week 15</td>
<td>Exam #3 Chapters 15 - 21</td>
<td></td>
</tr>
<tr>
<td>Week 16</td>
<td>Exam Review</td>
<td></td>
</tr>
</tbody>
</table>
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. The two doses must be received at least one month apart.

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. The two doses must be received at least one month apart. **NOTE: A statement from a physician or parent indicating the student's previous varicella disease history is no longer accepted. A statement of immunity is not accepted without a positive titer report with lab values.**

6. **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. If the applicant received the Pediatric Hepatitis B series, he/she should have a titer done to prove immunity. If the titer report indicates non-immunity, the application should receive the adult Hepatitis B series on the above timetable.

   **NOTE: An individual must have received the first two Hepatitis B injections with documentation submitted with their application materials. The third and final dose must be scheduled to be received prior to the start of the health occupations program. Documentation of the third Hepatitis B injection or a positive Hepatitis B titer must be presented to the Health Occupations Admissions Office before the student will be registered for their program courses.**

   **Additional immunizations**
   Documentation of a current flu immunization is no longer required as part of the application process. However, health occupations students will be required to obtain a current flu inoculation prior to their first clinical day and repeat the inoculation annually through their program.

   Students enrolled in specific health occupations programs will also be required to complete the **Hepatitis A series** prior to a pediatric clinical rotation.

---

**Policies and Student Handbook**
General Institutional policies and Course-Related Institutional policies are available on the college website. The Student Handbook is available from the Student Life Office and on the college website.

**DISABILITY SERVICES:** Students who feel that they may need assistance or accommodations due to a disability should contact the El Centro Disability Services Office in Room A095, phone (214) 860-2411, or go to the DSO webpage at: [http://www.elcentrocollege.edu/students/disability-services](http://www.elcentrocollege.edu/students/disability-services)