

Vesalius College

Course description

Course title: Human Health

Course code: BIO 103 / BIO 103E

Teacher responsible: Dr. Virginie Goffaux

Course description:

- This course is designed to guide students in the self-evaluation and management of the essential components of a healthy lifestyle. Discussion topics will include: psychological health, stress management, violence and abuse, reproduction, relationships and sexuality, drug use, alcohol and tobacco, nutrition, weight management, physical fitness, cancer, aging, dying and death.
- Students will develop skills in critical thinking and research and will be expected to participate in in-class discussions that will focus on student self-evaluation of several of the topics covered in class.

Course objectives:

After successfully completing the course the student should:

- Be able to understand the most recent scientifically based personal health information.
- Be able to think critically about health information published and distributed by various sources.
- Be able to apply personal health information to his/her own life.
- Be able to analyze your own health-related behaviour and attitudes and change them to improve his/her health and well-being.

Grade weighting scheme:

30% - 3 Assignments (10% each)
10% - Class participation
18% - Exam #1
18% - Exam #2
24% - Final Exam

Used course material (handbooks, readers, readings, newspapers, magazines) and references:

Textbook: Essential Concepts for Healthy Living Sandra Alters and Wendy Schiff.
Fourth Edition. 2006.

Workbook: Applying Concepts for Healthy Living – A Critical Thinking Workbook

Sandra Alters and Wendy Schiff. Fourth Edition. 2006.

Handout: Genetic Basics , National Institutes of Health