

Bossier Parish Community College  
Master Syllabus

**Course Prefix and Number:** HLPE 205

**Credit hours:** 3

**Course Title:** Personal Health for College Students

**Course Prerequisites:** None

**Textbook(s):** Dianne Hales. *An Invitation to Health, Your Life, Your Future*. Cengage. (For the exact textbook requirement, please refer to your instructor's course information syllabus.)

**Course Description:** The course consists of lecture and discussions concerning various aspects of personal health problems.

**Learning Outcomes:**

At the end of the course, the student will:

- A. describe the concepts and principles associated with a healthy lifestyle;
- B. recognize the importance of a healthy lifestyle in the reduction and prevention of diseases;
- C. develop positive social attitudes with regards to habits that are health risks;
- D. develop positive personal interests in implementing healthful decisions.

To achieve the learning outcomes, the student will:

- 1. develop an understanding of how and why it is important to take charge of your health; (A)
- 2. explain how to assess health risks; (A) (B)
- 3. identify the components of a healthy lifestyle; (A)
- 4. describe how to create a plan to change or develop a health behavior; (A) (D)
- 5. identify and learn how to avoid or overcome habits that are health risks; (A) (B) (C)
- 6. identify the information needed to make and implement healthful decisions; (A) (B) (C)

**Course Requirements:** The following are intended to help the learner meet the stated outcomes of the course: students will attend class; students will be evaluated on results of semester exams; students will be required to participate in class discussions and activities and special skills/skills tests.

*In addition to requirements stated herein, each instructor will communicate additional requirements unique to his/her section via the instructor's section syllabus.*

**Course Grading Scale:**

A 90-100%  
B 80-89%  
C 70-79%  
D 60-69%  
F 59% or below

**Attendance Policy:** The college attendance policy is available at <http://www.bpcc.edu/catalog/current/academicpolicies.html>

**Course Fees:** None

**Nondiscrimination Statement:** Bossier Parish Community College does not discriminate on the basis of race, color, national origin, gender, age, religion, qualified disability, marital status, veteran's status, or sexual orientation in admission to its programs, services, or activities, in access to them, in treatment of individuals, or in any aspect of its operations. Bossier Parish Community College does not discriminate in its hiring or employment practices.

**Section 504 and ADA Coordinator**

Angie Cao, Student and Disability Services Specialist

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**Title IX and Equity/Compliance Coordinator**

Teri Bashara, Director of Human Resources

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