

Kingsborough Community College

HE 14 Critical Issues in Personal Health

Professor: Danielle Balsamo

Email: DBalsamo4@schools.nyc.gov

Phone: 718-373-6400

Suggested Text: Sparling, Phillip B., Redican, Kerry J. iHealth: An Interactive Framework, McGraw-Hill: NY ISBN-9781266552601 2024 Edition.

Course Description: This course examines critical personal and public health issues impacting individuals and communities in contemporary society. Topics include chronic disease prevention, mental health, stress management, nutrition, fitness, sexual health, substance use, communicable diseases, health literacy, and the influence of technology and social media on wellness. Students will explore how lifestyle choices, environmental factors, and health behaviors affect overall well-being and quality of life. Emphasis will be placed on evidence-based decision making and the development of lifelong wellness practices.

Student Learning Outcomes

Upon successful completion of this course, students will be able to:

1. Analyze the dimensions of health and wellness and their relationship to overall quality of life.
2. Evaluate sources of stress and apply effective stress-management and coping strategies.
3. Design components of a personal fitness and wellness program that supports lifelong health.
4. Assess nutritional practices and their relationship to chronic disease prevention and wellness promotion.
5. Demonstrate understanding of infectious diseases, sexual health, reproductive health, and preventative care.
6. Examine the impact of lifestyle behaviors, technology use, substance use, and environmental influences on personal and public health.
7. Interpret health information critically and apply evidence-based strategies to improve wellness outcomes.

Grading:

Assignment	Points
Discussion Posts	30
Blogs	10
Quizzes	40

Midterm Exam	10
Final Exam	10
Total	100

Letter grading information

Letter grades will be given following Kingsborough Community College recommended criteria.

Letter Grade	Number Grade Equivalent
A+	98-100
A	91-97
A-	90
B+	88-89
B	81-87
B-	80
C+	78-79
C	71-77
C-	70
D+	68-69
D	61-67
D-	60

Course Policies

Attendance and Participation is Required

Students are expected to participate actively in all online and/or in-person course activities. Consistent engagement with course materials, discussions, and assignments is essential for academic success.

Assignment Submission

Assignments must be submitted by the posted deadlines. Late submissions may be subject to point deductions unless prior arrangements have been made.

Academic Integrity

Students are expected to adhere to the academic integrity policies of Kingsborough Community College and The City University of New York (CUNY). Plagiarism, cheating, or unauthorized use of artificial intelligence tools on assignments may result in disciplinary action. Please refer to the College policy on AI.

Technology Requirements

Students should have reliable internet access and regular access to Blackboard/Brightspace, email, and course materials.

Course Schedule and Topics

Weeks 1–2

Foundations of Personal Health and Wellness

- Dimensions of Health
- Health Literacy
- Personal Responsibility and Wellness
- Stress and Stress Management
- Sleep and Recovery
- Digital Wellness and Screen-Time Balance

Assigned Reading: Chapters 1 & 6

Assessment: Quiz 1

Weeks 3–4

Mental Health and Substance Use

- Mental Health and Emotional Wellness
- Anxiety, Depression, and Coping Strategies
- Substance Use and Addiction
- Alcohol, Nicotine, and Vaping
- Opioid Awareness and Prevention

Assigned Reading: Chapters 4 & 7

Assessment: Quiz 2

Weeks 5–6

Sexual Health and Infectious Diseases

- Healthy Relationships and Consent
- Reproductive Health
- Sexually Transmitted Infections
- HIV/AIDS Awareness

- Emerging Infectious Diseases and Public Health Response

Assigned Reading: Chapters 5 & 11

Assessment: Quiz 3

Weeks 7–8

Nutrition and Physical Activity

- Nutrition for Lifelong Health
- Weight Management
- Exercise and Fitness Planning
- Cardiovascular Health
- Fitness Technology and Wearable Devices

Assigned Reading: Chapters 2 & 3

Assessment: Quiz 4

Weeks 9–10

Chronic Diseases and Prevention

- Heart Disease and Stroke
- Diabetes Prevention and Management
- Cancer Awareness
- Lifestyle-Related Diseases
- Preventative Health Care

Assigned Reading: Chapters 8 & 10

Assessment: Quiz 5

Weeks 11–12

Health Care and Consumer Decision Making

- The U.S. Health Care System
- Health Insurance and Access to Care
- Evaluating Health Information Online
- Public Health and Community Health Initiatives
- Ethical Issues in Health Care

Assigned Reading: Chapters 12 & 13

Instructional Resources

Supplemental materials including videos, articles, announcements, and study resources will be posted regularly on Blackboard/Brightspace to support course learning outcomes.

Accessibility Statement

Students requiring accommodations should contact the Access-Ability Services Office as early as possible to ensure appropriate academic support.

Final Note

This syllabus is subject to modification at the discretion of the instructor. Students will be notified of any changes in a timely manner through official course communication channels.