

Kingsborough Community College

HE 14 – Critical Issues in Personal Health

Spring 2026

Course Information

Professor: J. Mannino

Email: JManinno@schools.nyc.gov

Office Hours: By appointment

Class Location: Classroom, Gymnasium, Dance Studio (as scheduled)

Course Description:

This course examines critical personal and community health issues impacting society today, with an emphasis on mental, physical, emotional, and social wellness. Topics include chronic diseases (such as cancer, cardiovascular disease, and diabetes), stress management, mental health, nutrition, fitness, and lifestyle behaviors that influence long-term health outcomes.

In addition to classroom-based instruction and discussion, students will engage in guided, hands-on wellness practices including breathing techniques, meditation, core strengthening, movement-based workouts, and reflective activities conducted in the gym or dance studio. These experiential sessions help students apply health concepts in real-world ways and develop a personal wellness plan.

Course Objectives

- 1. Understand the impact of chronic disease on individuals and communities.***
- 2. Identify sources of stress and apply effective coping strategies.***
- 3. Apply fitness principles through physical activity and core training.***
- 4. Demonstrate understanding of nutrition and healthy lifestyle choices.***
- 5. Explain mental health concepts and their relationship to physical wellness.***
- 6. Analyze how health behaviors influence quality of life and life expectancy.***
- 7. Recognize and explain the dimensions of health.***

Methods of Evaluation

- Class Participation & Discussion – 30 points***
- Independent Research Assignment – 10 points***
- Quizzes – 10 points***
- Midterm Exam – 20 points***
- Final Project – 30 points***
- Total – 100 points***

Letter Grade Scale

- **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)**

Required Text

Sparling, Phillip B., & Redican, Kerry J.
iHealth: An Interactive Framework.
McGraw-Hill Education, 4th Edition.
ISBN: 978-1-260-80822-3

Course Topics & Applied Wellness Schedule:

Weeks 1–2: Foundations of Personal Health; Managing Stress

Weeks 3–4: Mental Health and Disorders; Avoiding Drug Abuse

Weeks 4–5: Respect Sexuality; Infectious Diseases

Weeks 6–7: Nutrition and Fitness Planning

Weeks 8–9: Heart Disease, Stroke, and Diabetes

Weeks 9–10: The U.S. Health Care System

Weeks 11–12: Health Care Decision Making and Final Presentations