



جامعة دبي  
UNIVERSITY of DUBAI

## General Education Department

### Course Syllabus

Semester: Spring semester 2009/2010

**Course code & No.:** GHSO 100

**Course Title:** Health and Society

**Prerequisites:** None

**Class Hours:** Time: 7.00 -10.00 pm

Day: Saturday

Room: 210 MSUD

#### **Brief Course Description:**

The course will focus on the development of health education over time and its effect on society. It will enable students to understand the concepts of general health related to society. The course will cover: health and disease, public health, science related to public health, Health care and health education Sports.

#### **Program Outcomes:**

1. Discuss the fundamental natural, environmental and biological issues.

#### **General Skills:**

1. Organizational Skills
2. Ability to be a continuous learner
3. Communication skills

#### **Course Learning Outcomes (CLO):**

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

1. Describe healthy life style and fitness.
2. Plan sports and different kinds of physical activities on daily basis to stay healthy and becoming more productive.
3. Identify healthy and balanced food.
4. Calculate body weight and classify self in the ranges of healthy and unhealthy weight.
5. Compute how much to lose or gain weight through dieting or physical activities.
6. Point out the major causes of degenerative health problems and avoid these by changing life style.
7. Manage stress by changing perception of stressors, spirituality, and physical activities.
8. Judge the harmful effects of drugs and smoking

#### **CLO Mapping**

This table maps CLO's to: CO, General skills(GS), and Program Outcomes (PO)

<b>CLO</b>	<b>GS</b>	<b>State below PO</b>
<b># 1. Describe healthy life style and fitness.</b>	.Organizational skills .Ability to be a continuous learner and trainer of others.	Discuss the fundamental natural, environmental and biological issues
<b>#2 Plan sports and different kinds of physical activities on the daily basis to stay healthy and becoming more productive</b>	. Organizational skills	Discuss the fundamental natural, environmental and biological issues
<b>#3. Identify healthy and balanced food.</b>	.Organizational skills .Ability to be a continuous learner and trainer of others	Discuss the fundamental natural, environmental and biological issues
<b>#4. Calculate body weight and classify self in the ranges of healthy and unhealthy weight.</b>	. Organizational skills .Ability to be a continuous learner and trainer of others	Discuss the fundamental natural, environmental and biological issues
<b>#5. Compute how much to lose or gain weight through dieting or physical activities.</b>	. Organizational skills .Ability to be a continuous learner and trainer of others	Discuss the fundamental natural, environmental and biological issues
<b>#6. Point out the major causes of degenerative health problems and avoid these by changing life style.</b>	.Communication skills Organizational skills	Discuss the fundamental natural, environmental and biological issues
<b>#7. Manage stress by changing perception of stressors, spirituality, and physical activities.</b>	. Organizational skills .Communication skills	Discuss the fundamental natural, environmental and biological issues
<b>#8. Judge the harmful effects of drugs and smoking</b>	. Organizational skills. . communication skills	Discuss the fundamental natural, environmental and biological issues

**Assessment Scheme** This Table maps CLO to the assessment scheme.

<b>CLO</b>	<b>Class Work (40%)</b>		<b>Mid-term Exam</b>	<b>Final Exam</b>
	<b>Individual Assignment , Class participation</b>	<b>Quiz 1+Q2</b>	<b>10-04-2010</b>	<b>05-06-2010 07:30 pm-09:30 pm</b>
#1	√	√	√	√
#2	√	√	√	√
#3	√	√	√	√
#4	√	√	√	√
#5	√	√		√
#6	√	√		√
#7	√			√
#8	√			√
<b>Total</b>	<b>20%</b>	<b>20%</b>	<b>25%</b>	<b>35%</b>

**Teaching Methods:-**

**Class Lecture:** Power point slides, Hand outs, short video clips.

**Student's presentation:** Surprise presentation on a given topic after thinking, Integrating existing in formations, awareness, sharing own experience and observations.

Power point presentations on allotted topics.

**Class discussions:** Group discussion on a specific topic and learning concepts, raising questions related to the given topic.

**Guest speaker:** Called for giving lecture on a specific health matter, doing practical check up for different things like blood sugar, BMI etc.

**Use of Modern Instructional Technology:**

Use of power point presentations and making use of internet Web-sites whenever applicable.

**Weekly Schedule:-**

Health & Society Weekly/Daily Teaching Plan								
Day/Week	Date	Lecture	Ch	Chapter Objectives	Relation to CLO	Assignment/Reading	Assessment	Relation to Program Objectives
1	20/02/10	Introduction to Health and Society	1	<ul style="list-style-type: none"> <li>Importance of awareness of Health in Society.</li> <li>Understanding health problems and their social effects.</li> <li>Developing a healthy society.</li> <li>Promotion of individual's health. Microenvironment and macro environment.</li> </ul>	1	Class assignment	Quiz1& Midterm	Understand some of the fundamentals of natural and environmental sciences.
2	27/02/10	Sports, Exercise and Physical activities	1	<ul style="list-style-type: none"> <li>Benefits of physical activities</li> <li>Effect of Physical activities on human immunity.</li> </ul>	2	Finding type of activity.	Quiz1& Mid-term	Understand some of the fundamentals of natural and environmental sciences
3	06/03/10	Effect of Physical activities on the life and productivity of an individual	2	<ul style="list-style-type: none"> <li>Its effect on efficiency and productivity of an individual.</li> <li>Its effect on healthy life span</li> </ul>	2	Home assignment	Quiz 1 & Mid-term	Understand some of the fundamentals of natural and environmental sciences
4	13/03/10	Nutrition and health	3	<ul style="list-style-type: none"> <li>Basic components of nutrition and the value of each component.</li> <li>Losing or gaining weight through proper diet.</li> </ul>	3	Class assignment	Quiz 2& final	Understand some of the fundamentals of natural and environmental sciences
5	20/03/10	Maintaining Health through balance intake.	3	<ul style="list-style-type: none"> <li>Balance intake and Maintaining good health.</li> <li>Organic foods. Are organic foods healthier? Quiz</li> </ul>	3	Class assignment	Quiz2 &final	Understand some of the fundamentals of natural and environmental sciences

6	27/03/10	Obesity and Overweight	4	<ul style="list-style-type: none"> <li>• Determination of Obesity and Overweight.</li> <li>• Causes of obesity.</li> <li>• Over weight Problem in children and adults.</li> <li>• Bad effects of Obesity</li> </ul>	4	Research on social effects of obesity.	Mid -term	Understand some of the fundamentals of natural and environmental sciences
7	03/04/10	Obesity and Diabetes	4	<ul style="list-style-type: none"> <li>• Diabetes &amp; its Types</li> <li>• Relation f Diabetes to Obesity.</li> <li>• Control of Diabetes</li> </ul>	4	Cholesterol test	Mid term	Understand some of the fundamentals of natural and environmental sciences
8	10/04/10	Cholesterol	5	<ul style="list-style-type: none"> <li>• Mid term exam</li> <li>• Types of cholesterol.</li> <li>• good or bad Cholesterol</li> <li>• Importance of Cholesterol checks up.</li> <li>• What causes high cholesterol?</li> <li>• Cholesterol is the main cause of Heart attack.</li> </ul>	5	Home assignment	Q2 & final term	Understand some of the fundamentals of natural and environmental sciences
9	17/04/10	Bad effects of cholesterol	5	<ul style="list-style-type: none"> <li>• Relationship between High Cholesterol &amp; high blood pressure.</li> <li>• Maintaining cholesterol level.</li> </ul>	5	Class assignment	Q2 & final	Understand some of the fundamentals of natural and environmental sciences
10	24/04/10	Food processing	6	<ul style="list-style-type: none"> <li>• Over cooking&amp; Cancer</li> <li>• Over cooking&amp; food allergies.</li> <li>• Over cooking and loss of nutrients.</li> </ul>	3	Survey about the given topic.	Q2 & final exam	Understand some of the fundamentals of natural and environmental sciences
11	01/05/10	Smoking and society	7	<ul style="list-style-type: none"> <li>• What is smoking?</li> <li>• Types of Smoking.</li> <li>• Composition of cigarette smoke.</li> <li>• Social effects of smoking</li> </ul>	8	Power point presentation.	Q 2& Final exam	Understand some of the fundamentals of natural and environmental sciences
12	08/05/10	Drinking alcohol	8	Bad effects of drinking alcohols.	8	Power point presentation	Final exam	Understand some of the fundamentals of natural and environmental sciences
13	15/05/10	Mental health	9	<ul style="list-style-type: none"> <li>• How to increase our mental power.</li> <li>• Factors effecting Mental power</li> </ul> <p>Quiz.2</p>	7	Power point presentation	Final exam	Understand some of the fundamentals of natural and environmental sciences
14	22/05/10	Stress Management	9	<ul style="list-style-type: none"> <li>• Effect of stress on our health.</li> <li>• Different kinds of stressors causing stress.</li> <li>• How to manage our stress.</li> </ul>	7		Final exam	Understand some of the fundamentals of natural and environmental sciences
15	29/05/10	Stress management		<ul style="list-style-type: none"> <li>• Stress management and sports</li> <li>• Stress management and health improvement.</li> </ul>	7		Final exam	

				Final Exam				
--	--	--	--	------------	--	--	--	--

**Educational Resources**

Educational Resource	Description	Comments
<b>Textbooks Required</b>	None	
<b>Required readings:</b>	Handouts	
<b>Supporting readings:</b>	Magazines, News, Related books, Articles.	