



UNIVERSITI TEKNOLOGI MARA

SED400: CONCEPT OF HEALTH AND WELLNESS

Course Name (English)	CONCEPT OF HEALTH AND WELLNESS APPROVED
Course Code	SED400
MQF Credit	3
Course Description	This course is designed to introduce to students the basic concepts of health and wellness. The principles of holistic health through nutrition, aerobic fitness, and mental, social, spiritual, and emotional wellness. The course includes discussion of values, peer pressure and decision-making, and education about HIV, AIDS, other STDs, First Aid and CPR, mental and emotional health (including self-esteem, eating disorders, stress and anger management, and domestic violence and family issues), and the effects of all drugs, including alcohol, tobacco, marijuana, ecstasy, the opiates, methamphetamines, cocaine, and other harmful substances will be discussed. This will help students gain knowledge and understanding in variety of health area with the goal to take that information and use it to make behavioral changes that will increase the health status of individuals especially the schoolchildren.
Transferable Skills	Communication, Exercise movement
Teaching Methodologies	Lectures, Blended Learning, Demonstrations, Problem Based Learning (PBL), Discussion, Presentation, Directed Self-learning
CLO	CLO1 Explain and demonstrate the connection of all components of health. CLO2 Apply proper measurement and evaluation methods in assessing basic health assessment to children CLO3 Demonstrate creative and innovative knowledge on how to plan, implement and evaluate theoretically all the activities involved in promoting health appropriate for children in the primary schools CLO4 Discuss the issues related to health
Pre-Requisite Courses	No course recommendations
Topics	
1. Concept of Health and Wellness 1.1) n/a	
2. Behaviour Modification: Theories and Models 2.1) n/a	
3. Creativity and innovation in teaching health education 3.1) n/a	
4. Dimensions of Health and Wellness, and related risk factors 4.1) n/a	
5. Cardiovascular diseases 5.1) n/a	
6. Components of physical fitness 6.1) n/a	
7. Self-help plan for lifestyle change 7.1) n/a	
8. Muscular strength, endurance, and flexibility 8.1) n/a	
9. Nutrition, body composition, and eating disorders 9.1) n/a	

10. Stress management 10.1) n/a
11. Personal safety 11.1) n/a
12. Substance use and abuse 12.1) n/a
13. Sexuality, sexually transmitted diseases, and AIDS 13.1) n/a
14. Common conditions and diseases 14.1) n/a
15. Relevant Issues related to health 15.1) n/a

Assessment Breakdown	%
Continuous Assessment	60.00%
Final Assessment	40.00%

Details of Continuous Assessment	Assessment Type	Assessment Description	% of Total Mark	CLO
	Assignment	Article review	10%	CLO3 , CLO4
	Lab Exercise	n/a	15%	CLO2 , CLO3 , CLO4
	Presentation	n/a	15%	CLO2 , CLO3 , CLO4
	Test	n/a	20%	CLO1 , CLO2

Reading List	Recommended Text	<ul style="list-style-type: none"> • Corbin, C.B., Welk, G.J., Corbin, W.R. & Welk, 2008, <i>Concepts of fitness and wellness: A comprehensive</i>, 7 Ed., Mc Graw Hill. • Prentice, E.W. 2007, <i>Get Fit, Stay Fit</i> , 4 Ed., Mc Graw Hill. • Hoeger, W.W.K. & Hoeger, S.A. 2007, <i>Fitness and wellness</i> , 7 Ed., Mc Graw Hill. • Butler, J.T 2001, <i>Principles of Health Education & Health Promo</i>, Wadsworth.
Article/Paper List	This Course does not have any article/paper resources	
Other References	This Course does not have any other resources	