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| **Course Number and Name : Basic Health** |  | **HLT 201** |
| **Course Coordinator: Nadia Jradi Masri** |  |
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| **Class Time and Location: Nicol 305, 4-4:50pm** |  | |
| **Credits and Contact Hours : 1 credit /1hour**  **Office hour: Friday 5:50-6:30pm in Nicol 305**  **Email:** [**nadia.masri@lau.edu.lb**](mailto:nadia.masri@lau.edu.lb) |  | |
| **Semester: Spring 2013** |  | |
| **Last Revised on: February 2013** |  | |

**Current Catalog Description**

HLT 201 Basic Health [1-0, 1 cr.]

This course covers the basic knowledge of general health and fitness, first aid, nutrition and diseases,

Alcoholism, drug abuse, cancer, HIV/AIDS, sexual education.

Course Prerequisite/Corequiste

None

**Course Learning Outcomes**

CLO1. The students will develop the necessary awareness about common health illnesses and hazards.

CLO2. The course should enable the students to avoid unnecessary risks and seek medical advice in

the proper time allowing them to prevent the disease rather than treating it.

Course Grading and Performance Criteria

**Grading policy**

- Exam I 30%

- Exam II 30%

- Final exam 35%

- Participation 5%

\*No make up will be given if a student misses a quiz.

\*Missing more than one quiz will render withdrawal from the course mandatory

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| **Grade** | **Quality Points** | **Guidelines over 100** |
| A | 4 | ≥ 90 |
| A- | 3.67 | 87 – 89 |
| B+ | 3.33 | 83 – 86 |
| B | 3.0 | 80 – 82 |
| B- | 2.67 | 77 – 79 |
| C+ | 2.33 | 73 – 76 |
| C | 2 | 70 – 72 |
| C- | 1.67 | 67 – 69 |
| D+ | 1.33 | 63 – 66 |
| D | 1 | 60 – 62 |
| F | 0 | ≤ 59 |

**Textbook and References**

1. E-Rese material provided by the instructor or the blackboard.
2. Merck Manual, [www.merckmanuals.com/professional/index.html](http://www.merckmanuals.com/professional/index.html)
3. Further references and links provided at the end of each lecture.

**Major Topics Covered in the Course and Tentative Schedule**

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|  | **Lecture / activity** | **Textbook Chap.** |
| 1 | **Nutrition and a healthy diet**  -Discriminate between healthy and unhealthy diet  - Discriminate between Macro and Micro Nutrients  Explain the importance of a balanced diet.  -Nutrition and obesity,  -Discuss the relationship between healthy diet and variety of diseases . | PPT:E-res |
| 2 | **Hyper Lipidemia and Hypertension**  -Hypercholesteremia and atherosclerosis.  -Cerebrovascular accidents and heart attacks.  -Salt and hypertension. |  |
| 3 | **Diabetes**  -Definition and types.  -Diagnosis, risk factors and genetic predisposition.  -Complications of diabetes, acute and chronic.  -Prevention and treatment. | # |
| 4 | **Stress and Health**  -Definition and effects of stress on the body.  Identify stress induced health problems.(hypertension, heart attacks, cardiovascular problems, anxiety & depression and other related diseases. | # |
| 5 | **Alcoholism**  -Definition, risk factors for abuse and addiction.  -Effects of alcohol intake on the body.  Diseases related to alcohol intake.  Management and rehabilitation. | # |
| 6 | **Drugs and drug abuse.**  -Definition of drugs and drugs use ( narcotics, pain killers…)  -Drug abuse, dependence, tolerance and addiction.  -Brief description of commonly abused drugs including steroids.  -Addiction management. | # |
| 9 | **Infection and Immunity**  -Description of the immune system and its role.  -Auto immune diseases, anaphylactic shock,  -Immunosuppression.  -Importance of vaccination in cancer and disease prevention.  -Definition of anemia types.  -Thalassemia: definition and types.  Treatment and prevention. | # |
| 8 | **Cancer**  -Definition, types risk factors.  -Pinpoint the different risk factors induced malignancies.  -cancer prevention, screening, modalities of treatment and outcome.  - Smoking | # |
| 9 | **Sexuality and reproduction**  -Stress the role of sexual education.  -Brief description of anatomy and physiology of male and female reproductive system.  -Fertilization, pregnancy, ectopic pregnancy and menstruation. | # |
| 10 | **Contraception**  -Types, usage, indications and contraindications.  -Family planning and abortion. | # |
| 11-12 | **Sexual Transmitted diseases and AIDS** -Types: bacterial, viral and fungal.  -Signs and symptoms, diagnosis and treatment.  -prevention and relation to cancer. | # |
| 13 | **Trauma and basic life support**.  -Describe different life emergencies (injuries/burns…)  --Explain the ABCs of basic cardio pulmonary resuscitation (CPR).  -Demonstrate the basic management of different type of injuries including chocking and external hemorrhage. | # |

#### **Policy on Cheating and Plagiarism**

Students caught cheating on an exam receive a grade of zero on the exam in their first cheating attempt and receive a warning. Students caught cheating for the second time will receive a grade of “F” in the course and another warning. Plagiarism on assignments and project work is a serious offense. If plagiarism is detected, a student will be subject to penalty, similar to the cheating case, which ranges from receiving a zero on the assignment concerned to an “F” in the course in addition to a warning.

#### **Attendance Policy**

1. Students are held responsible for all the material presented in the classroom, even during their absence.
2. Students can miss no more than the equivalent of three classes of instruction and still receive credit for that course.
3. Instructors have the right to impose specific attendance regulations in their courses, provided that the above-stated limit of absences is not exceeded, and the minimum number of absences allowed is no fewer than the equivalent of two weeks of classroom instruction, after the Drop and Add period.
4. Instructors will inform the Departments Chairperson and the Guidance Office, of any prolonged unexplained absence.
5. Students who exceed the allowed number of absences must withdraw from the course; otherwise, the course grade will be recorded as “F” (NP).

**New Withdrawal Policy**

**1.  A student who withdraws after the Drop/Add period and by the end of the 5th week of classes (10th day of classes for Summer Modules) will obtain a “WI” on that particular course.  The student may process such request directly through the Registrar’s Office.**

**2.  A student who withdraws from a course between the 6th week and the end of the 10th week of classes (18th day of classes for Summer Modules) will receive either a “WP” or a “WF”.  “WP” or “WF” will be determined by the instructor based on the achieved academic performance in that course till the time of withdrawal.**

**3.  The “WI” and the “WP” will not count as a Repeat; whereas the   “WF” will count as a Repeat.**

**4.  “WI”, “WP” and “WF”  will not count towards the GPA calculation.**

**WI is equivalent to Early Withdrawal**

**WP is equivalent to Withdrawal/Pass**

**Additional Remarks**

* **Reading the material provided on E-res is a must**.
* Make-ups and Incomplete: students are not automatically entitled to make-ups; F will be given until reasons (in writing and within one week of absence) are presented and approved٭.
* Some of the exam questions will be based on class discussion and assignments.
* **No mobile phones in the classroom**.
* **Eating and drinking is strictly prohibited during class hours**.
* Please: Do NOT use plastic folders for reports; use paper (environmentally safer)

or reusable folders (to reduce waste).