



HANYANG UNIVERSITY

2019 HISS Syllabus Healthy Life Skills

Professor: Dr. J. Sunshine Cowan
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Home Univ.: University of Central Oklahoma
Dept.: Department of Kinesiology & Health Studies

Description: This course will provide comprehensive investigation into current methods of health promotion and disease prevention. Knowledge and practical application in the broad areas of health, including physical health, mental and emotional health, sexual health, environmental health, spiritual health, and other positive life skills will be emphasized.

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

- Identify the components that make up the multidimensional definition of health.
- Identify and assess health behavior strategies as addressed in current literature.
- Examine personal, cultural and social characteristics for their influence on health behavior.
- Analyze the interrelationship of knowledge, attitudes, and behaviors influencing health.
- Apply paradigms or theoretical models for changing health behaviors.
- Employ effective techniques for improving or maintaining one's own health.
- Identify stress management skills, coping techniques, and strategies for conflict resolution.
- Distinguish between sexual lifestyle habits that lead to optimum health and those that contribute to disease and a diminished quality of life.
- Demonstrate progress toward achieving a healthy lifestyle by critically evaluating one's behavior, identifying pattern(s) of risk, and assuming responsibility for change.

Preparations: Materials will be provided by the Professor in class and via email; no prerequisites required

Schedule:	Week 1	Health in Changing Global Societies / Case Study Stages of Change and Social Ecological Model Sleep Alcohol, Tobacco & Drugs
	Week 2	Body Image Blue Zones: Nutrition, Physical Activity & Connections Cardiovascular Health & Cancer Prevention [Content analysis + Midterm]

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Week 3	Mental & Emotional Health Sexual Health [PhotoVoice Project + Reflection]
Week 4	Environmental Health Social Determinants of Health Spiritual Health [Final Exam]

Evaluation:	Midterm (%)	Final (%)	Attendance (%)	Assignments (%)	Participation (%)	Etc. (%)
	25	25	25	20	5	00