



HANYANG UNIVERSITY

INTERNATIONAL SUMMER SCHOOL

* Please fill out the form completely in English in detail.

Name	Shonna J Covin
E-mail	scovin@uco.edu
Home University	University of Central Oklahoma
Department	Kinesiology

Course Title	Healthy Life Skills (ISS1127)
Field of Study	Health & Wellness
Credits	3
Contact Hours	45
Course Code/Number	ISS1127
Course Description	This course will provide comprehensive investigation into current methods of health promotion and disease prevention. Knowledge and practical application in the areas of fitness, nutrition, mental health, sexual health, substance prevention, and other positive life skills will be emphasized.
Course Objective	Through study of the relationship between nutrition, disease prevention, physical activity, and the development of total wellbeing, you will foster an understanding of the importance of integrating positive health interventions into your daily lifestyle.
Preparations (Pre-Knowledge)	A thorough understanding of the curriculum provided by the instructor has been accomplished through methods of research, teaching and remaining current on health and wellness topics. Professor will provide notes. Students will provide pen, pencil, highlighter and desire to enhance their personal wellness.
Materials (Textbook)	Teague, M., Mackenzie, S.L.C., and Rosenthal, D.M. (2021). Your Health Today (8th ed.). New York, NY: McGraw Hill Higher Education.



HANYANG UNIVERSITY

INTERNATIONAL SUMMER SCHOOL

Lesson Plan: Fill out the topic for each class in detail		
Week 1	1 st Day	Orientation & Opening Ceremony
	Class 1	Introduction, Mindset & Wellness Overview
	Class 2	Mental Health & Stress
	Class 3	Alcohol, Tobacco & Drugs
Week 2	Class 4	Unit 1 Quiz
	Class 5	Social Connections
	Class 6	Sex Health & Anatomy
	Class 7	Contraceptive Choices, STI/STD
Week 3	Class 8	Consent & Bystander Intervention
	Class 9	Unit 2 Quiz
	Class 10	Sleep
	Class 11	Nutrition
Week 4	Class 12	Fitness/Body Weight & Body Composition/Body Image
	Class 13	Wellness Wrap-Up/Group Project & Presentation
	Class 14	Unit 3 Quiz & Final Quiz Review
	Class 15	Comprehensive Final Quiz

Evaluation (%)								
* Total sum of percentages should be 100%								
* Only below options are available, please do not change the form (fill out the given form)								
Assignments	Attendance	Final	Group Project	Mid-term	Participation	Presentation	Quiz	Total
100	100	200	100	100	100	100	200	100 %