## Curriculum Mapping Worksheet Health Promotion Services

## **Mission Statement:**

Health Promotion Services department, in collaboration with the USF community, promotes a culture of healthy lifestyles, reasonable health messages, harm reduction tips, and the development of a more humane and safer environment not only on campus but also in the world.

Key I = Introduced with minimal coverage M= Moderate Coverage C = Comprehensive Coverage

	PROGRAMS								LEARNING INITIATIVES					
1. To help student gain an appropriate and accurate understanding of alcohol, and alcohol misuse and abuse through an online alcohol education program.	AE	НІ	НОРЕ	IM	SFC	SLD	WAD	SFC	HP	SE	SM	SSC	REF	
1a. list the four factors that influence Blood Alcohol Concentration (BAC), such as body size, gender, type of drink, age, food, and ethnicity.	С		M									I		
1b. learn and adopt four behaviors promoting responsible drinking, such as, drinking slowly, never drinking and driving, watching one' limits, eating before, alternating with non-alcoholic drinks, going out with a non-drinker friend, thinking about one's BAC, avoiding drinking games, etc.	С		M									I		
1c. identify four of the social, emotional, physical and legal consequences of heavy drinking, such as academic problems, blackouts, regrettable behaviors, assaults, sexual abuse, health problems and death.	С		M									I		
2. To educate students on stress and stress management														
2a. define the three phases of Seyle's General Adaptation Syndrome; alarm; resistance; and exhaustion			С			Ι					С			
2b. investigate their own source of stress t and identify copying strategies, such as time management, seeking support from friends and family, exercise, meditation/yoga, using campus resources.			С			M					С			
2c. discuss the three Cs. of hardiness, a form of optimism: Challenge, Commitment, and Locus of Control.			С			M					С			
3. To prepare a selected number of USF students with the knowledge and skills necessary to promote health and prevent diseases affecting themselves and their peers on campus and around the world.														
3a. Name the 5 components of the Stages of Change Model by Prochaska, Pre-contemplating,			С						С			M		

Contemplating, Preparation, Action, and Maintenance.							
3b. identify characteristics of positive listening such as maintaining steady eye contact, demonstrating empathy, giving speaker verbal cues, being attentive and having one's posture in an open position		С				I	
3c. describe four steps in planning a successful health workshop; know yourself, know your audience, know your purpose, and know your materials.		С					

## Unit Service Key:

Programs/trainings Workshops

IM Immunization requirement HP: Health Promotion Workshop

AE: AlcoholEdu SM: Stress Management Workshop

HI: Health Insurance SE: Self Esteem and Your Health

SFC: Smoke Free Campus Task Force

SLT: Stress Less Day Advising

WAD: World AIDS Day SSC: Stop Smoking Clinic

HOPE: Health Outreach Peer Educators REF: Referral for campus and community resources