

**STATE UNIVERSITY OF NEW YORK
COLLEGE OF TECHNOLOGY
CANTON, NEW YORK**



COURSE OUTLINE

HLTH 212 Happiness, Health and Wellbeing

Prepared By: Julianne Lewis

**SCHOOL OF SCIENCE, HEALTH & CRIMINAL JUSTICE
Fall 2015**

HLTH 212 Happiness, Health and Wellbeing

- A. **TITLE:** Happiness, Health and Wellbeing
- B. **COURSE NUMBER:** HLTH 212
- C. **CREDIT HOURS:** 3
- D. **WRITING INTENSIVE COURSE:** NO
- E. **COURSE LENGTH:** 15 weeks
- F. **SEMESTER(S) OFFERED:** Fall/Spring
- G. **HOURS OF LECTURE, LABORATORY, RECITATION, TUTORIAL, ACTIVITY:**
Three hours lecture per week.
- H. **CATALOG DESCRIPTION:** Our world has become increasingly technological, complex and fast paced. As we work to achieve a life of happiness and contentment, many ignore the quality of our lives and the health of our body and mind. This course is a contemporary exploration of happiness in everyday life and its relationship to the well being and the health of our body and mind.
- I. **PRE-REQUISITES/CO-COURSES:** None
- J. **GOALS (STUDENT LEARNING OUTCOMES):**

At the completion of this course, a student will be able to:

<i>Course Objective</i>	<i>Institutional SLO</i>
1. Discuss the history of the study of happiness.	3. Prof. Competence
2. Distinguish between the different theories of happiness, success and well being.	3. Prof. Competence
3. Describe different perspectives of happiness, and discuss recent research on materialism and happiness and examine the effects of various life transitions on one's level of happiness	2. Critical Thinking 3. Prof. Competence
4. Describe how the development of personal relationships affects one's happiness.	3. Prof. Competence
5. Identify those factors involving employment that can produce happiness or unhappiness.	3. Prof. Competence
6. Define success and discuss strategies to achieve success.	3. Prof. Competence

- K. **TEXTS:** Gentry, W. (2008). Happiness for dummies. Hoboken, N.J.: Wiley Publishing.
- L. **REFERENCES:**
 Carlson, R. You Can Feel Good Again. New York: Penguin, 1994.
 Charles, C.L. Why is Everyone So Cranky? New York: Hyperion, 1999.
 Feldman, F. Pleasure and the Good Life. Oxford: Clarendon Press, 2004.
 Gentry, D.W. Happiness for Dummies. Hoboken: John Weley, 2008.

Gilbert, D. Stumbling on Happiness. New York: Knopf, 2006.
Griffin, J. Well-being. Oxford: Clarendon Press, 1986.
Klicker, R. Don't Wait Until You are Six Feet Under. Buffalo: Thanos Press, 2010.
Layard, R. Happiness: Lessons From a New Science. London: Penguin, 2005.
Matthews, Cl. Being Happy. New York: Putman-Berkley, 1990.
Porras, J. Success Built to Last. New York: Plume, 2007.
White, N. A Brief History of Happiness. Walden, MA: Blackwell, 2006.

M. EQUIPMENT: None

N. GRADING METHOD: A – F

O. MEASUREMENT CRITERIA/METHODS:

- Exams
- Quizzes
- Assignments
- Discussions

P. DETAILED COURSE OUTLINE:

- I. Theories of Happiness
 - A. Historical
 1. Plato
 2. Aristotle
 3. Marquise De Sade
 - B. Contemporary
 1. Hedonism
 2. Authentic
 3. Desire
 4. Objective list
 5. Set point
- II. Perspective of Happiness
 - A. Real
 - B. Illusionary
 - C. Happiness vs. Being satisfied
 - D. Having what you want vs. wanting what you have
- III. Gender and Happiness
 - A. Research
 1. Emotional factors
 2. Physical factors
- IV. Relationships and Happiness
 - A. Familial
 1. Parents
 2. Siblings
 3. Family
 - B. Love
 1. Marriage
 2. Partnership
 3. Romance vs. Love
 4. Lust vs. Love
 5. Parenthood
 6. Divorce

- C. Friendship
 - 1. Best friends
 - 2. Colleagues
 - 3. Group Affiliation
- V. Materialism and Happiness
 - A. Financial Security
 - 1. Can money buy happiness?
 - 2. What money can't buy
 - 3. What money can provide
 - a. Spending on others
 - b. Spending on self
 - 4. Wealth vs. Poverty
 - 5. Emotional wealth
 - B. Health
 - 1. Good Health
 - 2. Poor Health
 - 3. Bad Health
 - C. Factors Contributing to Health
 - 1. Genetics
 - 2. Nutrition
 - 3. Weight
 - 4. Exercises
 - 5. Smoking
- VI. Other Factors Affecting Happiness, Health and Well Being
 - A. Positive
 - 1. Hope
 - 2. Gratitude
 - 3. Altruism
 - 4. Forgiveness
 - 5. Respect
 - a. Self
 - b. Others
 - B. Negative
 - 1. Loneliness
 - 2. Self-doubt
 - 3. Fear
 - 4. Defensive behavior
 - 5. Jealousy
 - 6. Anxiety
 - 7. Depression
- VII. Life Transitions
 - A. Developmental Transitions
 - 1. Young Child to Older Child
 - 2. Older Child to Adolescence
 - 3. Adulthood
 - 4. Middle Age Adult
 - 5. Senior
- VIII.
 - A. Well being
 - 1. Physical
 - 2. Emotional

- B. Theories of Well being
- C. Factors Contributing to well being
 1. Positive
 2. Negative
- IX. Spirituality
 - A. Religious
 - B. Secular
 - C. What is a spiritual person?
 - D. Achieving a Spiritual State
 - E. Meaning of your life
 - F. Purpose of your life
- X. Work and Happiness
 - A. Job vs. Career
 1. Underemployed
 2. Unemployed
 - B. Effects on Self Image
 1. Positive effects
 2. Negative effects
 - C. Creativity
 - D. Happiness of Others
 1. Family
 2. Coworkers
 3. Supervisor
 4. Subordinates
 - E. Power
 1. Real
 2. Perceived
 3. Using power for good
 4. Using power in the wrong way
 - F. Being Fired/Laid Off
- XI. Mind-Body-Brain Connections
 - A. Nutrition
 - B. Exercise
 - C. Recreation
 - D. Play
 - E. Physiology
- XII. Dynamics of Stress
 - A. Good Stress
 - B. Bad Stress
 - C. Physiology of stress on the body and mind
 - D. Stress Reduction Techniques
- XIII. Significant Events
 - A. Religious milestones
 - B. School events
 - C. Marriage-Partnership
 - D. Having Children
 - E. Aging
 - F. Illness
 - G. Dying

Q. LABORATORY OUTLINE: N/A