

COMMON COURSE OUTLINE

Effective Review Date: January 2016

A. Identifying Information

1. Course Prefix: HLTH
2. Course Number: 1104
3. Contemporary Issues in Health
4. Offered: Fall, Spring, Summer
5. 3 Credits
6. Prerequisite: None

B. Course Description

An exploration of contemporary health trends and implications for the individual, family, community and society. Emphasis is placed on the prevention of health problems through the thoughtful examination of ethical issues and the exercising of personal responsibility relative to lifestyle choices.

C. Learning Objectives

Upon completion of the course the student will be able to:

1. Articulate a personal health philosophy which takes into consideration the multiple dimensions of health and wellness, and the diverse views found in a pluristic society.
2. Demonstrate a basic understanding of the core concepts and ethical issues associated with health for individuals and the community as a whole.
3. Relate the influences of growth and development, decision making and personal interaction in determining health behavior.
4. Analyze and reflect upon the ethics of health issues from the legal, social and scientific perspectives.
5. Describe the strengths and weaknesses of our current health care system, and the emerging therapeutic modalities which can be complimentary to traditional allopathic medicine.
6. Recognize how diversity of political motivations and special interest groups have influenced health care, national nutritional guidelines, environmental legislation, and other national policies.
7. Implement principles of prevention in making personal lifestyle choices to minimize risk factors known to lead to injuries or communicable/chronic illnesses.
8. Discuss the interrelatedness of all people, cultures and other living things to a healthy environment and a high quality of life.

D. Course Contents

1. Defining Health for the 21st Century
2. Stress and Stress Management
3. Psychological and Emotional Health
4. Physical Fitness
5. Nutritional Choices for a Healthy Lifestyle
6. Eating Patterns, Body Image and Weight Management
7. Responsible Relationships: Communication; Personal Sexuality; and Reproductive Choices
8. Enhancing the Immune System and Preventing Communicable Diseases: Infectious Diseases; AIDS; and STDs
9. Lifestyle Choices and the Risks for Cardiovascular Disease, Cancer and Other Major Illnesses
10. Over-the-Counter, Legal and Illegal Substance Use, Misuse and Abuse
11. Being A wise Consumer
12. Protecting Yourself From Violence and Unintentional Injury
13. The Circle of Life: A Quality Life and a Dignified Death
14. The Proactive Patient: Use of the Traditional and Alternative Forms of Health Care and Therapy

15. Protecting the Planet and Working Towards A Healthy Environment

E. Recommended Entry Skills/Knowledge

The following placement test results are recommended for successful completion of this health course:

Reading - READ 0960 - Reading & Study Skills Writing -
COMP 0900 - Preparation for College Writing

F. Methods for Evaluation of Student Learning

Course evaluation may include (but is not limited to): Objective examinations; individual projects; group and individual presentations; research papers; journal/book reviews; critique/reaction papers; journal writing, personal assessments and summaries; class discussions; class attendance.