

Broward Community College Course Outline

STATUS: A

COMMON COURSE NUMBER: HSC 1130

COURSE TITLE: Contemporary Health Issues

CREDIT HOURS: 3

CONTACT HOURS BREAKDOWN:

Lecture/Discussion 48

Lab

Other

Contact Hours/Week 3

CATALOG COURSE DESCRIPTION:

Prerequisite: None

Corequisite: None

Students will investigate, discuss and make decisions regarding contemporary health issues such as sexuality, HIV/AIDS, STDs, drugs and alcohol, self-esteem/depression/suicide, consumerism, lack of wellness, and specific current health issues.

General Education Requirements - Associate of Arts Degree, meets Area(s):

General Education Requirements - Associate in Science Degree, meets Area(s):

UNIT TITLES:

1. Introduction
2. Sexuality
3. HIV/AIDS
4. Other STDs
5. Drugs and Alcohol
6. Self-Esteem, Depression, Suicide
7. Consumerism
8. Lack of Wellness
9. Current Health Issue(s)

I. Course Overview:

Upon successful completion of this course, the students should be able to discuss and make decisions regarding contemporary health issues of human sexuality, HIV/AIDS, sexually transmitted diseases, drugs and alcohol, self-esteem/depression/suicide, lack of wellness (including eating disorders) and consumerism.

II. Units:

Unit 1. Introduction

General Outcome:

- 1.0 Students should be able to discuss health and the process of making choices and decisions regarding their health.

Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

- 1.1 Discuss the component of good health and motivations for health behavior.
- 1.2 Identify stages in decision making.
- 1.3 Discuss different decision-making models which can be used in making choices and decisions about health.

Unit 2. Sexuality

General Outcome:

2.0 The students should be able to discuss and make personal decisions regarding their sexuality.

Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

- 2.1 Discuss their physical and sexual development.
- 2.2 Identify and discuss the components of human sexuality.
- 2.3 Discuss sex (gender roles) and what influences these roles.
- 2.4 Discuss sexual orientation and rights of individuals to their sexual orientation.
- 2.5 Discuss components and development of intimacy.
- 2.6 Identify sexual behaviors.
- 2.7 Identify sexual exploitation and discuss strategies to prevent sexual exploitation.
- 2.8 Develop a plan to take responsibility for sexual behavior.
- 2.9 Explain birth control methods and the pros and cons on their use.

Unit 3. HIV/AIDS

General Outcome:

3.0 The students should be able to discuss HIV, HIV/AIDS spectrum, modes of transmission, myths of transmission, testing, preventative measures and psycho-social issues.

Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

- 3.1 Discuss HIV (Human Immunodeficiency Virus).
- 3.2 Discuss the spectrum of HIV disease which culminates with Aids.
- 3.3 Identify the means and modes of HIV transmission.
- 3.4 Refute the myths of HIV transmission.
- 3.5 Discuss testing for HIV antibodies.
- 3.6 Discuss preventative measures and develop a personal plan.
- 3.7 Discuss psycho-social.

Unit 4. Other STDs

General Outcome:

4.0 The students should be able to discuss sexually transmitted diseases other than HIV, including testing, prevention and treatment.

Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

- 4.1 Discuss sexually transmitted diseases.
- 4.2 Identify signs and symptoms of various sexually transmitted diseases.
- 4.3 Discuss testing for STDs.
- 4.4 Discuss treatment measures.
- 4.5 Discuss preventive measures and develop a personal plan.

Unit 5. Drugs and Alcohol

General Outcome:

5.0 The students should be able to discuss effects and abuses of drugs and alcohol and their connection to sexual behavior and decision.

Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

5.1 Explain the physical and mental effects of drugs (over the counter, prescription and recreational).

5.2 Discuss the use and abuse of drugs (over the counter, prescription and recreational).

5.3 Explain the physical and mental effects of alcohol.

5.4 Discuss the use and abuse of alcohol.

5.5 Discuss the connection of drugs and alcohol to sexual behavior and decisions.

5.6 Complete a self-analysis of drug and alcohol use.

Unit 6. Self-Esteem, Depression, Suicide

General Outcome:

6.0 The students should be able to discuss the importance of self-esteem, ways to enhance self-esteem, depression, and ways to avoid or overcome depression, suicide and suicide prevention.

Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

- 6.1 Define self-esteem.
- 6.2 Discuss the importance of self-esteem.
- 6.3 Complete a self-analysis of self-esteem.
- 6.4 Discuss methods of enhancing self-esteem.
- 6.5 Develop a personal plan for self-esteem enhancement.
- 6.6 Discuss depression and ways to avoid or overcome depression.
- 6.7 Discuss suicide and risk for suicide.
- 6.8 discuss suicide prevention and crisis intervention.

Unit 7. Consumerism

General Outcome:

7.0 The students should be able to discuss consumerism and to develop a personal consumer plan.

Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

- 7.1 Identify health consumer skills that are basic to making health decisions.
- 7.2 Discuss consumer vulnerabilities to advertising.
- 7.3 Discuss health products/services and the consumer.
- 7.4 Develop a personal consumer plan.

Unit 8. Lack of Wellness

General Outcome:

8.0 The students should be able to discuss how the lack of wellness and eating disorders has detrimental effects on individuals and to develop a personal wellness plan.

Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

- 8.1 Discuss components of wellness.
- 8.2 Explain the benefits of wellness.
- 8.3 Explain the detrimental effects of the lack of wellness.
- 8.4 Identify eating disorders.
- 8.5 Discuss the effect of eating disorders on wellness.
- 8.6 Discuss prevention and treatment of eating disorders.
- 8.7 Develop a personal wellness plan.

Unit 9. Current Health Issues(s)

General Outcome:

9.0 The students should be able to discuss current health issues and make personal decisions regarding the issues.

Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

9.1 Identify a current major health issue.

9.2 Discuss the effects of that current health issue.

9.3 Make personal decisions regarding the major health issues.