

STATUS: A

COMMON COURSE NUMBER: HSC 2100

COURSE TITLE: Personal and Community Health

CREDIT HOURS: 3

CONTACT HOURS BREAKDOWN:

Lecture/Discussion 48

Lab

Other

Contact Hours/Week 3

CATALOG COURSE DESCRIPTION:

Prerequisite: None

Corequisite: None

The study of health problems relating to the individual community including mental health, physical fitness, nutrition, the use of tobacco, alcohol and drugs, marriage and family living, safety, and the study of diseases. Not classified as an activity course. Elective credit only.

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

UNIT TITLES: (OVER, PLEASE)

UNIT TITLES:

1. Taking Charge of Your Health
2. Stress and the Social Environment
3. Mental Health
4. Birth Control
5. Abortion
6. Pregnancy, Childbirth, and Parenting
7. Toward a Tobacco-Free Society
8. Alcohol
9. Other Psychoactive Drugs
10. Nutrition Facts and Fallacies
11. Weight Control
12. Exercise for Health and Performance
13. Medical Self-Care
14. Choosing Health Care Services and Insurance
15. Cardiovascular Health
16. Cancer
17. Sexually Transmitted Diseases
18. Infection and Immunity
19. Environmental Health
20. Aging
21. Dying and Death
22. Safety and First Aid

I. Course Overview:

Upon successful completion of this course, the students should be able to describe how wellness behavior enables one to cope with the harmful effects of everyday living.

II. Units:

Unit 1. Taking Charge of Your Health

General Outcome:

1.0 The students should be able to discuss health behavior and relate it to themselves.

Specific Learning Outcomes:

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

1.1 Define health as longevity.

1.2 Discuss health as vitality.

1.3 Discuss making personal contracts that provide support regarding health and lifestyle.

Unit 2. Stress and the Social Environment

General Outcome:

2.0 The students should be able to see an interaction between stress and the environment.

Specific Learning Outcomes:

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

2.1 Describe the stress response.

2.2 Identify the most common stresses in society.

2.3 Discuss the role of stress in disease.

Unit 3. Mental Health

General Outcome:

3.0 The students should be able to discuss and describe mental health.

Specific Learning Outcomes:

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

3.1 Define mental health.

3.2 Discuss the models of human behavior.

3.3 Identify five (5) psychological problems in mental health.

Unit 4. Birth Control

General Outcome:

4.0 The students should be able to identify and distinguish between the various birth control methods.

Specific Learning Outcomes:

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

4.1 Describe the advantages, disadvantages, and effectiveness of the various birth control methods.

4.2 Discuss the new methods of contraceptives being tested but not yet marketed.

Unit 5. Abortion

General Outcome:

5.0 The students should be able to discuss abortion as a method to eliminate pregnancy.

Specific Learning Outcomes:

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

5.1 Discuss the legal and moral ramifications of abortion.

5.2 List reasons women choose to abort.

Unit 6. Pregnancy, Childbirth, and Parenting

General Outcome:

6.0 The students should be able to discuss the impact of creation and living with a newborn.

Specific Learning Outcomes:

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

- 6.1 Describe the genetic code and how it is passed from person to child and cell to new cell.
- 6.2 Describe the stages of a developing baby.
- 6.3 List the signs and symptoms of pregnancy.
- 6.4 Discuss exercise and work during pregnancy.
- 6.5 Discuss labor and delivery of a newborn.
- 6.6 Discuss the changes in the mother's body before and after delivery.

Unit 7. Toward a Tobacco-Free Society

General Outcome:

7.0 The students should be able to associate tobacco with health hazards.

Specific Learning Outcomes:

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

- 7.1 Discuss the health hazards of smoking.
- 7.2 Discuss the effects of smoking on the nonsmoker.
- 7.3 Compare strategies for changing the behavior of the smoker.

Unit 8. Alcohol

General Outcome:

8.0 The students should be able to assess the effects of alcohol on the body.

Specific Learning Outcomes:

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

8.1 Discuss the metabolism of alcohol and its immediate and long-term effects on the body.

8.2 Identify the medical uses of alcohol.

8.3 Discuss the responsible use of alcohol.

8.4 Name agencies that could be contacted to aid the alcoholic.

Unit 9. Other Psychoactive Drugs

General Outcome:

9.0 The students should be able to identify the effects of drugs on the body.

Specific Learning Outcomes:

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

- 9.1 Define psychoactive drugs.
- 9.2 Discuss the diversity of drug effects that exists.
- 9.3 List the major psychoactive drugs.
- 9.4 Discuss the psychiatric use of drugs.
- 9.5 Name agencies that provide aid to drug abusers.

Unit 10. Nutrition Facts and Fallacies

General Outcome:

10.0 The students should be able to identify an adequate diet and the value of food to the body.

Specific Learning Outcomes:

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

- 10.1 Name the basic food groups.
- 10.2 Determine when vitamins and nutrient supplements are necessary.
- 10.3 Choose a well-balanced daily diet.
- 10.4 Discuss nutrition research.

Unit 11. Weight Control

General Outcome:

11.0 The students should be able to define obesity and explain the causes.

Specific Learning Outcomes:

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

11.1 Define obesity.

11.2 Discuss the causes of obesity.

11.3 Discuss how weight can be controlled.

11.4 Identify the different eating disorders.

Unit 12. Exercise for Health and Performance

General Outcome:

12.0 The students should be able to identify a safe fitness program and implement a program for themselves.

Specific Learning Outcomes:

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

12.1 Define physical fitness.

12.2 Discuss various factors to be considered in developing a fitness program.

12.3 Explain the benefits of the following:

12.3.1 Endurance exercises

12.3.2 Strength exercises

12.3.3 Flexibility exercises

12.3.4 Postural exercises

Unit 13. Medical Self-Care

General Outcome:

13.0 The students should be able to analyze their well-being and know when to see a doctor.

Specific Learning Outcomes:

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

13.1 Define self-assessment.

13.2 Discuss decision-making in regard to knowing when to see a doctor.

13.3 Discuss the diagnostic process in regards to a medical problem.

Unit 14. Choosing Health Care Services and Insurance

General Outcome:

14.0 The students should be able to describe the various health care services and how health insurance is applied.

Specific Learning Outcomes:

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

14.1 Differentiate between the various orthodox medical practitioners.

14.2 Discuss the various alternative health care services.

14.3 Discuss the various types of health insurance coverage.

Unit 15. Cardiovascular Health

General Outcome:

15.0 The students should be able to describe the significance of cardiovascular disease.

Specific Learning Outcomes:

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

15.1 Describe the cardiovascular system.

15.2 Discuss the major forms of cardiovascular disease in adults.

15.3 Discuss heart diseases in children.

Unit 16. Cancer

General Outcome:

16.0 The students should be able to demonstrate an understanding of cancer.

Specific Learning Outcomes:

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

- 16.1 Identify the causes of cancer.
- 16.2 Discuss the detection and diagnosis of cancer.
- 16.3 Discuss the prevention of cancer.

Unit 17. Sexually Transmitted Diseases

General Outcome:

17.0 The students should be able to demonstrate an understanding of the various sexually transmitted diseases.

Specific Learning Outcomes:

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

17.1 Discuss the prevalence and causes of sexually transmitted diseases.

17.2 Explain the most common sexually transmitted diseases.

17.3 Discuss what can be done to diagnose, treat, and prevent sexually transmitted diseases.

Unit 18. Infection and Immunity

General Outcome:

18.0 The students should be able to discuss the major pathogens and diseases caused by each.

Specific Learning Outcomes:

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

18.1 Differentiate between pathogens.

18.2 Define immunity.

18.3 Define allergies.

18.4 Define the five (5) major pathogens and give an example of a disease caused by each.

Unit 19. Environmental Health

General Outcome:

19.0 The students should be able to relate the effects of the environment on health.

Specific Learning Outcomes:

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

19.1 Discuss the effects of the environment on health.

19.2 Discuss the effect of noise pollution on health.

19.3 Discuss the proper manner to store food.

19.4 Name the agencies responsible for environmental health.

Unit 20. Aging

General Outcome:

20.0 The students should be able to relate the normal aging process and demonstrate an insight into better understanding of the aged.

Specific Learning Outcomes:

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

20.1 Discuss aging as a natural life process.

20.2 Identify methods to avoid physical and mental decline in old age.

20.3 Discuss the governmental aid and policies benefiting the aged.

Unit 21. Dying and Death

General Outcome:

21.0 The students should be able to demonstrate an understanding of death as a part of life with an insight into planning and feelings for this event.

Specific Learning Outcomes:

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

21.1 Discuss people's reactions to death.

21.2 Discuss the decisions that often occur to a dying person.

21.3 Discuss euthanasia.

Unit 22. Safety and First Aid

General Outcome:

22.0 The students should be able to discuss and practice safe habits on the job, at home, and on the road.

Specific Learning Outcomes:

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

22.1 Discuss the causes and effects of accidents.

22.2 Discuss the prevention of accidents.

22.3 Discuss first aid as it applies to everyday living.