

**J. Sargeant Reynolds Community College
Course Content Summary**

Course Prefix and Number: HLT 110

Credits: 3

Course Title: Concepts of Personal and Community Health

Course Description: Studies the concepts related to the maintenance of health, safety, and the prevention of illness at the personal and community level. Lecture 3 hours per week.

General Course Purpose: This course will provide an introduction to community health as well as an understanding of the concepts related to health, safety, and prevention at the personal and community level. It explores the relationship of primary, secondary, and tertiary prevention to individuals, communities, and organizations. The course will discuss health status, the health delivery system, and health behavior change models and theories. Students may use this course to satisfy the wellness general education elective.

Course Prerequisites and Co-requisites:

None

Course Objectives:

Upon completing the course, the student will be able to

- a. Define concepts and terms associated with health and wellness;
- b. Identify health concerns affecting individual and community health;
- c. Develop an understanding of health disparities within various cultural and ethnic population groups;
- d. Analyze health from an interdisciplinary perspective;
- e. Evaluate behavior and health change theories and models;
- f. Discuss the meaning of optimal health and risk factors that lead to ill health;
- g. Compare the impact of quality and quantity of life within the individual and the community;
- h. Explain the structure of the health care delivery system in the United States; and
- i. Apply the three types of prevention (primary, secondary, and tertiary) and strategies associated with each to both individual health and within the community.

Major Topics to Be Included:

- a. Factors relating to personal wellness
- b. Factors relating to community and public health
- c. Health status across target populations within the United States
- d. Health care delivery systems
- e. Primary, secondary, and tertiary prevention
- f. Behavior change theories and models

Effective Date of Course Content Summary: May 4, 2015