

J. Sargeant Reynolds Community College
Course Content Summary

Course Prefix and Number: HLT 203

Credits: 3

Course Title: Men's Health

Course Description: Provides an overview of the male anatomy and examines health status from birth to death from an interdisciplinary perspective. Topics include major, chronic, and infectious diseases; mental health, andropause, stress, sleep, aging, exercise, nutrition, sexual health, and grooming; and the impact of a male role model on health. Total 3 hours per week.

General Course Purpose: The focus of this course is a historical overview of men's health and identifies current health issues. Students have opportunities to explore critically a broad array of men's health concerns across the lifespan from an interdisciplinary perspective. This course will serve as an approved general education wellness elective.

Student Learning Outcomes:

Upon completing the course, the student will be able to

- a. Identify risk factors for morbidity and mortality in men across the lifespan;
- b. Identify key functions of a National Institute of Health of Men's Health;
- c. Explain the different approaches to health prevention practices between men and women;
- d. Summarize scholarly articles in peer reviewed journals;
- e. Assess family health history;
- f. Analyze peer commentary and provide discussion synchronously or asynchronously; and
- g. Evaluate current personal health status.

Major Topics to Be Included:

- a. Historical overview of men's health, major diseases, and lifestyle
- b. Cancer: testicular, prostate, colorectal, and lung
- c. Chronic diseases to include cardiovascular disease and diabetes
- d. Infectious disease: communicable and STIs
- e. Mental health
- f. Prevention
- g. Managing stress and dispelling stressors
- h. Lifestyle factors to include stress, work, sleep, nutrition, and exercise
- i. Role of the male role model
- j. Male hygiene

Date Created/Updated (Month, Day, and Year): January 29, 2019