Course Prefix and Number: HLT  Credits: 110

Course Title: Personal and Community Health

Course Description:
Introduces students to the basic concepts of health and dimensions of wellness through exploration of a variety of personal health topics. Identifies factors that affect the health status of individuals in addition to health promotion and disease prevention at the personal and community level. Lecture 3 hours. Total 3 hours per week. 3 credits

General Course Purpose:
HLT 110 explores basic concepts of personal health and wellness at the individual and community level.

Course Prerequisites and Co-requisites:

Student Learning Outcomes:

- Communication
  - Communicate openly and accurately with others regarding personal and community health issues
- Critical Thinking
  - Analyze health risks, needs, and prevention opportunities for various populations (gender, age, ethnicity, etc.)
  - Explain the relationship between personal and community health
- Social and Cultural Understanding
  - Identify the socio-economic and socio-cultural factors that affect the health of the community in both positive and negative ways
  - Identify community health and wellness resources and describe their contributions to improving personal and community health
- Information Literacy
  - Evaluate consumer health information for reliability, accuracy and biases
  - Select and utilize credible sources of health information
- Scientific Reasoning
  - Identify and analyze the most important data required to understand community health issues, resources and behaviors
  - Distinguish between scientific and non-scientific health information
- Personal Development
  - Identify and apply the dimensions of wellness to the improvement of overall well-being
  - Assess and analyze impact of personal health behaviors
  - Explore concepts of physical activity, nutrition, stress management, social relationships, and other self-care strategies for improving health and preventing disease
  - Identify personal health goals and evaluate the effectiveness of actions taken to achieve those goals
Explain how an individual’s decisions and behavior impact their personal health status

- **Introduction to Personal Health and Wellness**
  - Define health and wellness
  - Identify the dimensions of wellness
  - Distinguish between health prevention and risk reduction strategies
  - Identify the levels of disease prevention (primary, secondary, tertiary)
  - Define the dimensions of health
  - Discuss the influence of culture on health
  - Identify the social determinants of health
  - Define health disparity
  - Identify factors that influence health disparities
  - Discuss the factors that shape health and health behavior change
  - Construct one SMART goal for personal health change
  - Discuss self-care tools, techniques and behaviors

- **Consumer Health**
  - Describe the importance of health literacy in enhancing health
  - Assess the quality and credibility of a website for health information
  - Identify the various types of healthcare facilities and professionals
  - Identify the main components of health insurance plans
  - Distinguish between brand name and generic drugs
  - Describe different types of complementary and alternative therapies
  - Discuss ways to identify health fraud

- **Emotional Health and Stress Management**
  - Identify characteristics of emotionally healthy persons
  - Identify signs, symptoms, and risk factors of common mental health disorders
  - Discuss treatment options for mental health disorders
  - Define stress
  - Identify the physical and psychological changes associated with the body’s stress response.
  - Describe personal stressors impacting college students
  - Discuss strategies, tools and techniques to minimize the impact of student stressors
  - Identify ways of managing time more efficiently
  - Describe relaxation techniques to help cope with stress
  - Identify personal stressors and evaluate current management strategies
  - Identify community resources related to mental health and stress management

- **Sleep**
  - Identify specific types, causes, and potential remedies of sleep issues
  - Describe the importance of stabilizing the circadian rhythm, production of melatonin and release of cortisol as a sleep strategy
  - Describe SAD and potential remedies
  - Describe the impact of poor quality and quantity of sleep on physical and mental health
  - Identify specific lifestyle strategies and behaviors for repairing and healing sleep issues

- **Physical Activity/Fitness**
  - Describe the components of a well-designed physical activity program
  - Explain the key recommendations of the Physical Activity Guidelines for Americans
  - Describe the health benefits of regular physical activity
  - List and describe various cardiorespiratory activities
  - Explain the benefits of a muscle training program
  - Define flexibility
o Discuss elements of exercise safety
  o Identify community resources related to physical fitness

**Nutrition**
  o Identify the components of a healthy diet (carbohydrates, protein, fat, vitamins and minerals)
  o Explain the key recommendations of the USDA Choose My Plate plan and the Dietary Guidelines for Americans
  o Create a healthy meal plan based on the components of a healthy diet and USDA healthy eating guidelines
  o Dispel common nutrition myths and misconceptions
  o Identify the components of the food label
  o Interpret nutritional information provided on food labels
  o Identify risks and benefits related to dietary supplements
  o Identify personal impediments to creating and implementing a diet that supports optimal health and potential solutions to address those impediments
  o Explore community resources related to nutrition

**Human Sexuality**
  o Define sexuality and sexual health
  o Identify the factors that shape individual views on sexuality
  o Identify bias and misconceptions related to sexuality issues
  o Identify the different options for contraception and how they work
  o List advantages and disadvantages of methods of contraception
  o Describe the methods of STD transmission
  o List and define common sexually transmitted infections
  o Describe the signs/symptoms and treatments for various STDs
  o Discuss strategies for reducing the risk of common STDs
  o Explore community resources related to sexual health

**Substance Abuse**
  o Identify types of drug dependence
  o Discuss the factors affecting drug dependence
  o Describe the effects and health risks of commonly misused and abused drugs
  o Describe available treatment methods for drug dependence
  o Distinguish between appropriate and inappropriate use of over-the-counter and prescription medications
  o Describe the impacts of alcohol misuse among college students
  o Define a standard drink for various types of alcohol products
  o Describe the symptoms of alcohol poisoning
  o Define alcohol abuse, dependence, and alcoholism, and list their symptoms
  o List the health effects of tobacco use (smoking & smokeless tobacco) and vaping
  o Discuss recommended strategies to quit smoking
  o Describe the health effects of environmental, or secondhand, tobacco smoke
  o Assess personal health risks associated with substance use, alcohol use, and use/exposure to tobacco products
  o Identify community resources related to substance abuse

**Disease Prevention - Communicable and Non-Communicable**
  o Identify the factors involved in disease transmission
  o Distinguish between communicable and non-communicable diseases
  o Identify the characteristics of various non-communicable diseases
  o Explain how different agents of infection spread disease
  o Describe how the body protects itself from infectious disease
  o Identify appropriate immunization schedules for various age groups
  o Identify risk factors for cardiovascular disease and diabetes
  o Identify management strategies for cardiovascular disease and diabetes
o Describe strategies for reducing risk of diabetes and cardiovascular disease supported by research
o Describe how cancer develops
o Identify the risk factors for the most common types of cancer
o Describe lifestyle strategies to reduce the risk of cancer development supported by research
o List ways to reduce risk for the cold or influenza
o Explain the dangers of overuse or misuse of antibiotics
o Assess personal risk for communicable and non-communicable diseases
o Identify community resources related to disease prevention

Major Topics to Be Included:

- Introduction to Personal Health and Wellness
- Consumer Health
- Emotional Health and Stress Management
- Sleep
- Physical Activity/Fitness
- Nutrition
- Human Sexuality
- Substance Abuse
- Disease Prevention - Communicable and Non-Communicable

Effective Date/Updated: May 1, 2022