

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

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

- Discuss elements of exercise safety
- Identify community resources related to physical fitness
- Nutrition
 - Identify the components of a healthy diet (carbohydrates, protein, fat, vitamins and minerals)
 - Explain the key recommendations of the USDA Choose My Plate plan and the Dietary Guidelines for Americans
 - Create a healthy meal plan based on the components of a healthy diet and USDA healthy eating guidelines
 - Dispel common nutrition myths and misconceptions
 - Identify the components of the food label
 - Interpret nutritional information provided on food labels
 - Identify risks and benefits related to dietary supplements
 - Identify personal impediments to creating and implementing a diet that supports optimal health and potential solutions to address those impediments
 - Explore community resources related to nutrition
- Human Sexuality
 - Define sexuality and sexual health
 - Identify the factors that shape individual views on sexuality
 - Identify bias and misconceptions related to sexuality issues
 - Identify the different options for contraception and how they work
 - List advantages and disadvantages of methods of contraception
 - Describe the methods of STD transmission
 - List and define common sexually transmitted infections
 - Describe the signs/symptoms and treatments for various STDs
 - Discuss strategies for reducing the risk of common STDs
 - Explore community resources related to sexual health
- Substance Abuse
 - Identify types of drug dependence
 - Discuss the factors affecting drug dependence
 - Describe the effects and health risks of commonly misused and abused drugs
 - Describe available treatment methods for drug dependence
 - Distinguish between appropriate and inappropriate use of over-the-counter and prescription medications
 - Describe the impacts of alcohol misuse among college students
 - Define a standard drink for various types of alcohol products
 - Describe the symptoms of alcohol poisoning
 - Define alcohol abuse, dependence, and alcoholism, and list their symptoms
 - List the health effects of tobacco use (smoking & smokeless tobacco) and vaping
 - Discuss recommended strategies to quit smoking
 - Describe the health effects of environmental, or secondhand, tobacco smoke
 - Assess personal health risks associated with substance use, alcohol use, and use/exposure to tobacco products
 - Identify community resources related to substance abuse
- Disease Prevention - Communicable and Non-Communicable
 - Identify the factors involved in disease transmission
 - Distinguish between communicable and non-communicable diseases
 - Identify the characteristics of various non-communicable diseases
 - Explain how different agents of infection spread disease
 - Describe how the body protects itself from infectious disease
 - Identify appropriate immunization schedules for various age groups
 - Identify risk factors for cardiovascular disease and diabetes
 - Identify management strategies for cardiovascular disease and diabetes

- Describe strategies for reducing risk of diabetes and cardiovascular disease supported by research
- Describe how cancer develops
- Identify the risk factors for the most common types of cancer
- Describe lifestyle strategies to reduce the risk of cancer development supported by research
- List ways to reduce risk for the cold or influenza
- Explain the dangers of overuse or misuse of antibiotics
- Assess personal risk for communicable and non-communicable diseases
- 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