

HPER 215 Personal and Community Health

Credit Hours: 3

Scheduled hours per week

Lecture: 3

Lab:

Other:

Catalog Course Description: Emphasis will be placed on relating course content to lifestyle to foster a better understanding of the major health issues of today. Examinations will be made of the ways in which these issues have implications that not only deal with each individual but also with the community at large. Current issues include, but are not limited to: emotional health, chemical use and abuse, human sexuality, major diseases, physical fitness, nutrition, aging, death and dying.

Pre-requisites: NA

Co-requisites: NA

Course Learning Outcomes:

At the end of the course, students will be able to:

1. Increase students understanding of the factors involved in maintaining one’s health at an optimal level
2. Increase students understanding of psychological health and some problems that need help
3. Motivate students to take responsibility for maintaining his/her own health.
4. Increase students’ understanding of various health risks and their potential for causing illness and/or premature death.
5. Provide students with the knowledge of the most important disease processes affecting the health of the global population.
6. Increase students’ knowledge of scientific and medical process being made in the 21th century.
7. Increase students awareness of the aging process of the human body and the challenges, as well as preparations for death

Topics to be studied:

- Survey personal health issues with an emphasis on media and taking personal responsibility for health, mental health, alcohol, drugs, smoking, diet and fitness, sexuality, and other health-related issues
- Examine ways in which these issues have implications not only with each individual member of the community but also the community as a whole.

Relationship of Course to General Education Learning Outcomes:	
Composition and Rhetoric Students illustrate a fundamental understanding of the best practices of communicating in English and meet the writing standards of their college or program-based communication requirements.	x
Science & Technology Students successfully apply systematic methods of analysis to the natural and physical world, understand scientific knowledge as empirical, and refer to data as a basis for conclusions.	x
Mathematics & Quantitative Skills Students effectively use quantitative techniques and the practical application of numerical, symbolic, or spatial concepts.	

<p>Society, Diversity, & Connections Students demonstrate understanding of and a logical ability to successfully analyze human behavior, societal and political organization, or communication.</p>	<p>x</p>
<p>Human Inquiry & the Past Students interpret historical events or philosophical perspectives by identifying patterns, applying analytical reasoning, employing methods of critical inquiry, or expanding problem-solving skills.</p>	<p>x</p>
<p>The Arts & Creativity Students successfully articulate and apply methods and principles of critical and creative inquiry to the production or analysis of works of art.</p>	
<p>5/3/2016</p>	

Special requirements of the course:

Additional information:

Prepared by: Torie Jackson

Date: October 20, 2017