

COURSE OUTLINE

Personal and Public Health

Course Description

HL 100. Personal and Public Health. 3 hours credit. This course will enable the student to make responsible health-related decisions by analyzing behavior and attitudes to bring the changes necessary to improve health and maintain well-being for both personal healthful living and community responsibilities.

Course Relevance

The principles learned in this course will allow the student to understand the most recent scientifically based personal health information. It is important for the student to analyze their own health-related behavior and attitudes to then apply the changes necessary to improve their health and wellness.

Required Materials

Alters, S. and Schiff, W. *Essential concepts for health living* (5th ed.). Sudbury, MA: Jones and Bartlett Publishers, Inc..

Telecourse textbook and materials:

Alters, S. and Schiff, W. *Essential concepts for healthy living* (5th ed.). Sudbury, MA: Jones and Bartlett Publishers, Inc.

The Human Condition, Twenty-six 30-minutes lessons on DVD

Online textbook and materials:

Alters, S. and Schiff, W. *Essential concepts for healthy living* (5th ed.). Sudbury, MA: Jones and Bartlett Publishers, Inc.

The Human Condition, Twenty-six 30-minute lessons on DVD

Learning Outcomes

The intention is for the student to be able to

1. Discuss the most recent scientifically based personal health information
2. Analyze health-related behavior and attitudes which impact personal and community health and well-being

Primary Learning PACT Skills that will be DEVELOPED and/or documented in this course

Through the student's involvement in this course, he/she will develop his/her ability in the following primary PACT skill areas:

1. Critical Thinking

- The student will develop critical thinking and analytical skills through written assignments and other activities conducted in class.
2. Health Management
- The student will apply awareness of the various components of health through the development of a plan for health-enhancing behaviors.

Secondary skills (developed but not documented):

Self-Concept
 Coping with Change
 Valuing Diversity
 Ethical Conduct
 Historical Interpretation

Major Summative Assessment Task(s)

These learning outcomes and primary Learning PACT skills will be demonstrated by

1. Compiling a portfolio of written assignments which demonstrates the self-analysis of health-related behaviors and attitudes and the application of changes that would improve health and well-being

Course Content

- I. Themes – Key recurring concepts that run throughout the course:
 - A. Differentiating between verifiable facts and value statements concerning health
 - B. Making responsible health-related decisions
- II. Issues – Key areas of conflict that must be understood in order to achieve the intended outcome:
 - A. Distinguishing relevant information from irrelevant information
 - B. Determining the factual accuracy of health claims
- III. Concepts – Key concepts that must be understood to address the issues:
 - A. Understanding the most recent scientifically based personal health information
 - B. Applying personal health information to his/her life by analyzing their health-related behavior and attitudes to bring change that would improve health and maintain well-being
- IV. Skills/Competencies – Actions that are essential to achieve the course outcomes:
 - A. Explain what an individual can do to take charge of their life in health-related matters
 - B. Describe issues concerning environmental health
 - C. Discuss strategies to cope with stress
 - D. Explain the components of incorporating a fitness lifestyle
 - E. Describe how to design a sound nutrition plan for sensible weight management
 - F. Explain the health hazards associated with illicit drugs and tobacco use
 - G. Explain the concept of responsible drinking
 - H. List and define the common communicable diseases

Learning Units

- I. Dimensions of health
 - A. Components of health

- B. The nation's health
 - C. Conventional vs. alternative medicine
- II. Psychological health
- A. Personality development
 - B. Improving psychological health
 - C. Psychological (mental) illness
 - D. Suicide
- III. Stress management
- A. Stressors
 - B. Stress responses
 - C. The impact of stress on health
 - D. Coping with stress
 - E. Stress management skills
- IV. Violence and abuse
- A. How violence affects health
 - B. Causes of violent behavior
 - C. Major types of violence and abuse
 - 1. Violence (sexual, family, community, institutional, and workplace)
 - 2. Sexual harassment
 - 3. Stalking
 - D. Prevention, avoidance and reporting of violence
- V. Reproductive health
- A. The male reproductive system
 - B. The female reproductive system
 - C. Pregnancy and human development
 - D. Contraception
- VI. Sexuality
- A. Human sexual behavior
 - B. Sexual dysfunctions
 - C. Culture and sexuality
 - D. Diversity in sexual behavior
 - E. Communication and romantic relationships
- VII. Drug use and abuse
- A. Psychoactive drugs
 - B. Stimulants and depressants
 - C. Opiates, marijuana, hallucinogens and inhalants
 - D. Over-the-counter drugs
 - E. Drug treatment and prevention
 - F. Alcohol
 - G. Tobacco

VIII. Nutrition

- A. Basic nutrition principles
- B. Nutrients
- C. Planning a nutritious diet
- D. Malnutrition

IX. Body weight and management

- A. Obesity
- B. Body Composition
- C. Weight management

X. Physical fitness

- A. Principles of physical fitness
- B. Exercising for health and lifetime fitness
- C. Incorporating a fitness lifestyle

XI. Cardiovascular health

- A. Cardiovascular disease
- B. Risk factors
- C. Maintaining cardiovascular health

XII. Cancer

- A. Cancer development
- B. Cancer detection and treatment
- C. Reducing the risks

XIII. Infection, immunity, and noninfectious disease

- A. Noninfectious diseases
- B. The chain of infections (pathogens, transmission and the host)
- C. Immunity
- D. Sexually transmitted infections (STI's)
- E. Protection against STI's

XIV. Aging, dying and death

- A. Aging (the effects on physical, psychological and social health)
- B. Dying (the spiritual and emotional aspects of dying)
- C. Terminal care
- D. Death
- E. Grief

XV. Environmental health

- A. In the home (asbestos fibers, electromagnetic radiation)
- B. In the workplace (pesticides, toxic chemicals, indoor air pollution)
- C. In the outdoors (water, air and noise pollution)

Learning Activities

Learning activities will be geared toward achieving the intended course outcomes through lecture, instructor led-class discussion, textbook reading assignments, audio-visual aids and video/DVD assignments.

Grade Determination

The student will be graded on assessment tasks, examinations, written assignments, quizzes and other methods of evaluation at the discretion of the instructor.