COURSE OUTLINE

HLTH 103 – Health Current Perspectives and Practical Applications

Prepared By: Timothy J. Farrell
A. **TITLE:** Health Current Perspectives and Practical Applications

B. **COURSE NUMBER:** HLTH 103

C. **CREDIT HOURS:** (3)

D. **WRITING INTENSIVE COURSE:** No

E. **COURSE LENGTH:** (15 weeks)

F. **SEMESTER(S) OFFERED:** Fall and Spring

G. **HOURS OF LECTURE, LABORATORY, RECITATION, TUTORIAL, ACTIVITY:** 3 hours lecture per week

H. **CATALOG DESCRIPTION:** This general elective course is designed as an introductory health education course. The course provides an opportunity for students to explore healthy life styles as well as learn about major health problems in the United States. The students become more informed about their rights and responsibilities related to remaining healthy or for accessing health services.

I. **PRE-REQUISITES/CO-REQUISITES:** None

J. **GOALS (STUDENT LEARNING OUTCOMES):** By the end of this course, the student will be able to:

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<th>Course Objective</th>
<th>Institutional SLO</th>
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<tr>
<td>1. Identify and discuss health in society and family.</td>
<td>2. Crit. Thinking 3. Prof. Competence</td>
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<td>2. Discuss and explain the effects of mental health, stress, spirituality, and sleep on the human body.</td>
<td>2. Crit. Thinking 3. Prof. Competence</td>
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<td>3. Identify and discuss the importance of a healthy diet, fitness, and body weight image on a person.</td>
<td>3. Prof. Competence</td>
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<td>4. Recognize and apply and understanding of the effects of alcohol, tobacco and drugs has on one’s body.</td>
<td>2. Crit. Thinking 3. Prof. Competence</td>
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<td>5. Identify the discuss relationships, sexual health, reproductive choices of a person.</td>
<td>2. Crit. Thinking 3. Prof. Competence</td>
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K. **TEXTS:**

L. **REFERENCES:** None

M. **EQUIPMENT:** Access to a working computer with internet capability. Use of an operating system compatible with Angel such as a current version of Windows or a Mac.

N. **GRADING METHOD:** A-F

O. **MEASUREMENT CRITERIA/METHODS:**
- Orientation Quiz/Learning Agreement
- Chapter Tests
- Discussion Boards

P. **DETAILED COURSE OUTLINE:** (must use the outline format listed below)
I. Health in a Changing Society
II. Your Family Health History
III. Mental Health and Stress
IV. Spirituality
V. Sleep
VI. Nutrition
VII. Fitness
VIII. Body Weight and Body Composition
IX. Body Image
X. Alcohol and Tobacco
XI. Drugs
XII. Relationships and Sexual Health
XIII. Reproductive Choices
XIV. Infectious Diseases
XV. Cardiovascular Health
XVI. Cancer
XVII. Injury and Violence
   - Personal Health Portfolio
   - Supplemental eBook chapters
XVIII. Complementary and Alternative Medicine
XIX. Environmental Issues

Q. **LABORATORY OUTLINE:** None