



MASTER COURSE OUTLINE

A. HLTH 1100 Health

B. COURSE DESCRIPTION:

This course addresses major health concerns, common health threats, optimal personal health planning and current issues and topics related to overall health. Stress, fitness, nutrition addictive behaviors cardiovascular disease, cancer, infectious disease, sexuality, environmental health and social issues as well as drug and alcohol awareness and prevention are all an integral part of this course.

(3Cr - 3 lect, 0 lab)

C. ****Core Theme:** Critical Thinking

D. MAJOR CONTENT AREAS:

- Taking charge of your health
- Stress
- Psychological health
- Relationships and lifestyles
- Sexuality, pregnancy and childbirth
- Contraception and abortion
- Drug use and addiction
- Alcohol and drug abuse prevention
- Nicotine and tobacco
- Nutrition basics
- Exercise for health and fitness
- Weight management
- Cardiovascular health and cancer
- Immunity and infection
- Environmental health

E. GOAL TYPES, OBJECTIVES, AND OUTCOMES:

<u>GOAL</u>	<u>OBJECTIVES</u>	<u>OUTCOMES</u>
** <u>Critical Thinking</u>	Students will be able to gather factual information and apply it to a given problem in a manner that is relevant, clear, comprehensive, and conscious of possible bias in the information selected.	The student will successfully 1. understand risks of lifestyle choices through the analysis of self-assessments. 2. compare and present two sides of a health issue and draw one's own conclusion of the validity of each.

		3. apply information from different sources in evaluating personal views of different health topics.
<u>CS</u>	demonstrate knowledge of drug, alcohol, and tobacco use, abuse and the importance of prevention for a healthy lifestyle.	<ol style="list-style-type: none"> 1. compare and contrast the different effects, use and misuse of psychoactive drugs. 2. debate the legal questions surrounding marijuana, drinking age, new synthetic legal drugs, and tobacco restrictions. 3. identify prevention, resources, risk factors, and treatment programs.
<u>CS</u>	understand the underlying influence of nutrition exercise/fitness, chronic and infectious disease and stress management on psychological health.	<ol style="list-style-type: none"> 1. identify personality types and the related influence on over-all health and lifestyle choices. 2. recognize coping mechanisms in personal behavior through assessments. 3. explain and understand the physical and psychological stress response. 4. differentiate between treatment and prevention of disease. 5. explain and compare the pros and cons of motivating factors with the drug industry and the FDA in public health. 6. identify helpful and exploitative practices in regard to public health issues within our society.
<u>CS</u>	understand the importance of planning for overall wellness.	<ol style="list-style-type: none"> 1. document and track goals created for optimal health. 2. monitor and revise health goals 3. recognize risk factors and warning signs of poor health choices and implement prevention strategies.

F. SPECIAL INFORMATION:

This course may require use of the Internet, the submission of electronically prepared documents and the use of a course management software program. Students who have a disability and need accommodations should contact the instructor or the Student Success Center at the beginning of the semester. This information will be made available in alternative format, such as Braille, large print, or cassette tape, upon request.

G. COURSE CODING INFORMATION: Course Code A/Class Maximum 48; Letter Grade.

Revision date: 12/02/09; 9/1/16; 1/8/18; 2/6/2018

AASC Approval date: 02/20/18

*Riverland Community College Disciplines	MnTC Goal Number
Communication (CM)	1
Natural Sciences (NS)	3
Mathematics/Logical Reasoning (MA)	4
History and the Social & Behavioral Sciences (SS)	5
Humanities and Fine Arts (HU)	6

**Riverland Community College Core Themes	MnTC Goal Number
Critical Thinking (CT)	2
Human Diversity (HD)	7
Global Perspective (GP)	8
Ethical and Civic Responsibility (EC)	9
People and the Environment (PE)	10

*These five MnTC Goals have been identified as Riverland Community College Disciplines.

** These five MnTC Goals have been identified as Riverland Community College Core Themes.

NOTE: The Minnesota Transfer Curriculum “10 Goal Areas of Emphasis” are reflected in the five required discipline areas and five core themes noted in the Riverland Community College program of study guide and/or college catalog.

Riverland