

# ILLINOIS VALLEY COMMUNITY COLLEGE



Health

## COURSE OUTLINE

DIVISION: Natural Sciences Business

COURSE: HPE 1003 Personal and Community

Date: 11/6/13

Credit Hours: 2

Prerequisite(s): none

Delivery Method:  Lecture 0 Contact Hours (1 contact = 1 credit hour)  
 Seminar 0 Contact Hours (1 contact = 1 credit hour)  
 Lab 0 Contact Hours (2 contact = 1 credit hour)  
 Clinical 0 Contact Hours (3 contact = 1 credit hour)  
 Online  
 Blended

Offered:  Fall  Spring  Summer

IAI Equivalent –**Only for Transfer Courses**-go to <http://www.itransfer.org>:

### CATALOG DESCRIPTION:

This course is designed to help the students define their lifestyle and make lifestyle choices that will result in a state of optimum personal health. The course includes a study of health issues and trends, emphasizing the relationship and balance of various aspects of health. Current developments in health science are covered to develop a capacity to make informed, responsible decisions affecting individual and community health.

## GENERAL EDUCATION GOALS ADDRESSED

*[See the last page of this form for more information.]*

### Upon completion of the course, the student will be able:

[Choose those goals that apply to this course.]

- To apply analytical and problem solving skills to personal, social and professional issues and situations.
- To communicate orally and in writing, socially and interpersonally.
- To develop an awareness of the contributions made to civilization by the diverse cultures of the world.
- To understand and use contemporary technology effectively and to understand its impact on the individual and society.
- To work and study effectively both individually and in collaboration with others.
- To understand what it means to act ethically and responsibly as an individual in one's career and as a member of society.
- To develop and maintain a healthy lifestyle physically, mentally, and spiritually.
- To appreciate the ongoing values of learning, self-improvement, and career planning.

### EXPECTED LEARNING OUTCOMES AND RELATED COMPETENCIES:

*[Outcomes related to course specific goals.]*

#### Upon completion of the course, the student will be able to:

1. Identify and explain the dimensions of health and how they relate to overall well-being.
2. Understand and describe the factors that influence the development of healthy behavior.
3. Understand the interdependence between an individual's physical, emotional, and social health.
4. Understand the importance of personal responsibility and prevention in the development and maintenance of health.

### COURSE TOPICS AND CONTENT REQUIREMENTS:

Self, Family, and Community

Mental Health and Stress

Social Connections

Sleep

Nutrition

Fitness

Body Weight and Body Composition

Body Image

Alcohol and Tobacco

Drugs

Sexual Health

Reproductive Choices

Infectious Diseases

Cardiovascular Disease, Diabetes, and Chronic Lung Disease

Cancer

Injury and Violence

**INSTRUCTIONAL METHODS:**

1. Lecture with Power Point presentations
2. Group discussions
3. Audio-visual materials
4. Lab activitie
5. Service learning

**INSTRUCTIONAL MATERIALS:**

Textbook: Teague, Mackenzie & Rosenthal. Your Health Today: Choices in a Changing Society, 4<sup>th</sup> Ed. New York, NY: McGraw Hill, 2013.

Internet Access: Blackboard usage is required

**STUDENT REQUIREMENTS AND METHODS OF EVALUATION:**

Students are expected to attend class, therefore each class period is counted as points toward attendance. The final grade will be based on total points accumulated from attendance, quizzes, labs, a service learning project, and exams. The following scale will be used to determine the letter grade for the course.

Percent of Total Points / Letter Grade

100-90% = A

89-80% = B

79-70% = C

69-60% = D

59-0% = F

**OTHER REFERENCES**

