DIVISION: Natural Sciences and Business

COURSE: HPE 1003 Personal and Community Health

Date: Spring 2023

Credit Hours: 2

Complete all that apply or mark “None” where appropriate:
Prerequisite(s): None

Enrollment by assessment or other measure? ☐ Yes ☒ No
If yes, please describe:

Corequisite(s): None

Pre- or Corequisite(s): None

Consent of Instructor: ☐ Yes ☒ No

Delivery Method: ☒ Lecture 2 Contact Hours (1 contact = 1 credit hour)
☐ Seminar 0 Contact Hours (1 contact = 1 credit hour)
☐ Lab 0 Contact Hours (2-3 contact = 1 credit hour)
☐ Clinical 0 Contact Hours (3 contact = 1 credit hour)

Offered: ☒ Fall ☒ Spring ☒ Summer

CATALOG DESCRIPTION and IAI NUMBER (if applicable):
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.
ACCREDITATION STATEMENTS AND COURSE NOTES:
None

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 activities
5. Service learning

EVALUATION OF STUDENT ACHIEVEMENT:
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
A= 90-100%
B= 80-89%
C= 70-79%
D= 60-69%
F= 0-60%

INSTRUCTIONAL MATERIALS:
Textbooks
Your Health Today, Michael Teague, McGraw-Hill LLC.

Resources
Bodyfat Caliper
My Plate Diet Analysis
Sleep Questionnaire
Stress Analysis
LEARNING OUTCOMES AND GOALS:
Institutional Learning Outcomes
☒ 1) Communication – to communicate effectively;
☒ 2) Inquiry – to apply critical, logical, creative, aesthetic, or quantitative analytical reasoning to formulate a judgement or conclusion;
☐ 3) Social Consciousness – to understand what it means to be a socially conscious person, locally and globally;
☐ 4) Responsibility – to recognize how personal choices affect self and society.

Course Outcomes and Competencies
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.