

# North Hennepin Community College

## HLTH 1040: Current Health Issues and Human Behavior

### A. COURSE DESCRIPTION

Credits: 3

Lecture Hours/Week: \*.\*

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

Current Health Issues and Human Behavior is a course which will examine how biological, psychological, and social factors work together to explain health and illness. This course will focus on current health models, such as the biopsychosocial model, that help explain why some people become ill and others do not. This class has an integrative health approach in treating the whole person who may have disease and illness caused by genetic factors and/or environmental factors. Another very important aspect of this course will be to interpret and discuss the various theories of change in human behavior and how they relate to health. After participating and completing coursework, students should understand the (positive and negative) contributing roles that psychological and social factors have on biological processes in the body.

**B. COURSE EFFECTIVE DATES:** 12/08/2014 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Biological, Psychological and Social Factors in Explaining Health and Illness  
Integrative Health  
Health Models  
Patterns of Disease  
Health Research  
Seeking and Receiving Health Care  
Immunity and Disease  
Alternative Approaches  
Behavior Change Theories/Behavioral Factors in Health/Adherence/Personal Responsibility Relative to Lifestyle Choices

### D. LEARNING OUTCOMES (General)

1. Interpret concepts, purposes, and theories of current health models (NHCC ELO 1,4; dept. goals 2a, 2b).
2. Define and apply the various behavior change theories (NHCC ELO 1, 2, 3, 4; dept. goals 2a, 2b, 3a, 3b, 3d, 4e).
3. Examine the components of Integrative Health in treating the whole person (NHCC ELO 1, 4; dept. goal 4c).
4. Obtain health-related data regarding biological, psychological and sociological factors for the growth, development and health promotion of the whole person (NHCC ELO 1, 4).
5. Discuss the impact of biological, sociological, and psychological environments of health and illness on the individual, family, and community (NHCC ELO 1, 2; dept. goals 2d).

### E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

## **F. LEARNER OUTCOMES ASSESSMENT**

As noted on course syllabus

## **G. SPECIAL INFORMATION**

1. Knowledge of Human Cultures and the Physical and Natural World - Through study in the sciences, mathematics, social sciences, humanities, histories, languages, the arts, technology and professions.
2. Intellectual and Practical Skills - Including: Inquiry and analysis; Critical and creative thinking; Written and oral communication; Quantitative literacy; Information literacy; Teamwork and problem solving.
3. Personal and Social Responsibility and Engagement - Including: Civic knowledge and involvement - campus, local and global; Intercultural knowledge and competence; Ethical reasoning and action; Foundations and skills for lifelong learning.
4. Integrative and Applied Learning - Including: Synthesis and advanced accomplishment across general education, liberal studies, specialized studies and activities in the broader campus community.