

# North Hennepin Community College

## HLTH 2040: Foundations and Theory in Health

### A. COURSE DESCRIPTION

Credits: 3

Lecture Hours/Week: 3

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

Foundations and theory in Health 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 behavior theories and models which are used to change human behavior and how they relate to health.

### B. COURSE EFFECTIVE DATES: 08/21/2017 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Introduction to Health Promotion and Theory
  - Planning Models in Health
  - The Health Belief Model
  - The Trans theoretical Model
  - Theory of Reasoned Action
  - Theories of Stress and Coping
  - Social Cognitive Theory
  - Social Marketing
  - Health Research
  - 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 models for health promotion and education. (NHCC ELO 1, 4).
2. Define the various theories in public and community health. (NHCC ELO 1, 2, 3, 4).
3. Identify key intrapersonal and interpersonal theories used in health education and health promotion. (NHCC ELO 1,2, 4)
4. Describe the process of finding health-related data to assess the need for health education. (NHCC ELO1, 2, 3, 4)
5. Define health and disease determinants, risk factors, prevention, and various therapies for individuals and key populations. (NHCC ELO 1, 2, 3, 4)
6. Discuss principles of individual and professional ethics. (NHCC ELO 1,2, 3,)
7. Discuss the impact of biological, sociological and psychological environments of health and illness to the theoretical foundations of health behavior change. (NHCC ELO 1,2,3,4)
8. Evaluate trends and explore research methods in health. (NHCC ELO 1,2, 4)

### 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.