

# North Hennepin Community College

## HLTH 1030: Personal and Community Health

### A. COURSE DESCRIPTION

Credits: 3

Lecture Hours/Week: \*.\*

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

Personal and Community Health addresses itself to the needs and issues of the individual as related to current health matters in today's society. Our life style and modern society both contribute and detract from the holistic health concept. This class will assist the student in developing a plan for achieving and maintaining his/her personal health.

**B. COURSE EFFECTIVE DATES:** 08/26/2004 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Lifestyle Changes
2. Stress Management
3. Mental Health
4. Sexual Health
5. Diet, Nutrition and Exercise
6. Aging, Dying and Death

### D. LEARNING OUTCOMES (General)

1. Understand and apply core concepts specific to health issues.(NHCC Core Ability Critical Thinking, comps. a, b, c; NHCC Core Ability Ethical and Civic Responsibility comp b; NHCC ELOs 1, 2, 3)
2. Analyze and reflect on the ethical dimensions of legal, social, and scientific issues concerning risky health behaviors (NHCC Core Ability Critical Thinking, comps a, b, c, d; NHCC Core Ability Ethical and Civic Responsibility comp c; NHCC ELOs 2, 3)
3. Recognize the diversity of political motivations and interests of the health industry (NHCC Core Ability Critical Thinking, comps a, b, c, d; NHCC Core Ability Ethical and Civic Responsibility comp d; NHCC ELOs 2, 3, 4)
4. Identify ways to exercise the rights and responsibilities of healthy citizens. (NHCC Core Ability Critical Thinking, comps a, b, c, d; NHCC Core Ability Ethical and Civic Responsibility comp e; NHCC ELOs 1, 3)

### 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.