

Minnesota State College Southeast

EXSC 1204: Personal & Community Health

A. COURSE DESCRIPTION

Credits: 3

Lecture Hours/Week: 2

Lab Hours/Week: 2

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course will provide students with the necessary skills and knowledge to create and maintain healthy lifestyles. students will explore the importance of health and wellness as it applies to the individual as well as the community. students will consider how overall wellness is influenced by a variety of factors including behavior, stress, nutrition, socioeconomic, emotions, physical fitness, and sexuality. Students will consider risks associated with lifestyle choices and behaviors including an examination of the consequences surrounding alcohol, tobacco, and drug use. (Prerequisite: none) (3 credits: 2 lecture/1 lab)

B. COURSE EFFECTIVE DATES: 03/20/2018 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Dimensions of health and wellness
2. Role of personal wellness and community health
3. Behaviors and choices related to fitness and wellness
4. Relationship between wellness and disease prevention

D. LEARNING OUTCOMES (General)

1. Describe the dimensions of wellness; explain how each specific dimension plays a valuable role in well-being
2. Identify the risks associated with lifestyle choices and behaviors and identify prevention strategies to minimize these risks through behavioral change
3. Describe how a variety of factors affect wellness including behavior, stress, nutrition, socioeconomic, emotions, physical fitness, and sexuality
4. Explain how food choices affect overall health and wellness
5. Discuss the relationship between stress and wellness
6. Examine the role fitness and wellness play on overall health and the implications on disease risk and prevention
7. Examine the role of family health history in designing appropriate wellness plans
8. Predict the long-term effects of common health concerns of today's youth
9. Apply an understanding of wellness to design goals for personal health

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

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted