

J. Sargeant Reynolds Community College  
Course Content Summary

Course Prefix and Number: HLT Credits: 110

Course Title: Personal and Community Health

Course Description :

Introduces students to the basic concepts of health and dimensions of wellness through exploration of a variety of personal health topics. Identifies factors that affect the health status of individuals in addition to health promotion and disease prevention at the personal and community level. Lecture 3 hours. Total 3 hours per week. 3 credits

General Course Purpose:

HLT 110 explores basic concepts of personal health and wellness at the individual and community level.

Course Prerequisites and Co- requisites:

Student Learning Outcomes:

- Communication
  - Communicate openly and accurately with others regarding personal and community health issues
- Critical Thinking
  - Analyze health risks, needs, and prevention opportunities for various populations (gender, age, ethnicity, etc.)
  - Explain the relationship between personal and community health
- Social and Cultural Understanding
  - Identify the socio-economic and socio-cultural factors that affect the health of the community in both positive and negative ways
  - Identify community health and wellness resources and describe their contributions to improving personal and community health
- Information Literacy
  - Evaluate consumer health information for reliability, accuracy and biases
  - Select and utilize credible sources of health information
- Scientific Reasoning
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- o Explain how an individual's

- o Discuss elements of exercise safety
- o Identify community resources related to physical fitness
- Nutrition
  - o Identify the components of a healthy diet (carbohydrates, protein, fat, vitamins and minerals)
  - o Explain the key recommendations of the USDA Choose My Plate plan and the Dietary Guidelines for Americans
  - o Create a healthy meal plan based on the components of a healthy diet and USDA healthy eating guidelines
  - o Dispel common nutrition myths and misconceptions
  - o Identify the components of the food label
  - o Interpret nutritional information provided on food labels
  - o Identify risks and benefits related to dietary supplements
  - o Identify personal impediments to creating and implementing a diet that supports optimal health and potential solutions to address those impediments
  - o Explore community resources related to nutrition
- Human Sexuality
  - o Define sexuality and sexual health
  - o Identify the factors that shape individual views on sexuality
  - o Identify bias and misconceptions related to sexuality issues
  - o Identify the different options for contraception and how they work
  - o List advantages and disadvantages of methods of contraception
  - o Describe the methods of STD transmission
  - o List and define common sexually transmitted infections
  - o Describe the signs/symptoms and treatments for various STDs
  - o Discuss strategies for reducing the risk of common STDs
  - o Explore community resources related to sexual health
- Substance Abuse
  - o Identify types of drug dependence
  - o Discuss the factors affecting drug dependence
  - o Describe the effects and health risks of commonly misused and abused drugs
  - o Describe available treatment methods for drug dependence
  - o Distinguish between appropriate and inappropriate use of over-the-counter and prescription medications
  - o Describe the impacts of alcohol misuse among college students
  - o Define a standard drink for various types of alcohol products
  - o Describe the symptoms of alcohol poisoning
  - o Define alcohol abuse, dependence, and alcoholism, and list their symptoms
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- o Describe strategies for reducing risk of diabetes and cardiovascular disease supported by research
- o Describe how cancer develops
- o Identify the risk factors for the most common types of cancer
- o Describe lifestyle strategies to reduce the risk of cancer development supported by research
- o List ways to reduce risk for the cold or influenza
- o Explain the dangers of overuse or misuse of antibiotics
- o Assess personal risk for communicable and non-communicable diseases
- o Identify community resources related to disease prevention

Major Topics to Be Included:

- Introduction to Personal Health and Wellness
- Consumer Health
- Emotional Health and Stress Management
- Sleep
- Physical Activity/Fitness
- Nutrition
- Human Sexuality
- Substance Abuse
- Disease Prevention - Communicable and Non-Communicable