



HLT 115: Personal and Community Health

This course helps the student develop standards and principles of good health for the adult based on scientific research. It provides for study in attitudes and practices as they influence effective living, common adult health problems, significant diseases and public health responsibilities, community health and services, and special problems of concern in the area of community health to a democratic society. Prerequisite: A passing score on the College's reading and English placement tests or concurrent enrollment in ENG 092. Three lecture hours per week. Gen. Ed. Competencies Met: Critical Thinking.

Course Student Learning Outcomes

1. Define health as a multi-dimensional concept. 2. Assess personal and community levels of health and wellness. 3. Compare the role of prevention with the role of treatment in promoting health and wellness. 4. Determine the impact of healthy lifestyle choices in the areas of mental, emotional, social, physical, occupational, and spiritual health and wellness. 5. Identify common adult health problems, current screening recommendations and treatment modalities. 6. Recognize major public health issues impacting individuals and communities and the role of the social determinants of health in creating health care disparities. 7. Examine how CAM (Complementary and Alternative Medicine) and Integrative Care approaches contrast and complement the traditional health care model. 8. Analyze personal and community health by applying scientific principles, health information literacy skills and behavioral health change theory to develop informed health care choices.

Credits: 3

Program: Health