

Virginia Western Community College

HLT 240

Consumer Health

Prerequisites

None

Course Description

Focuses on health fads, myths, misunderstandings, quackeries, deceptions, and fraudulent health practices. Includes selecting and purchasing health products, services, consumer protections, and in the planning and financing of medical care. (VCCS MCR Description)
A course designed to provide useful health information to the consumer of health services, products and innovations.

Semester Credits: 3

Lecture Hours: 3

Lab/Clinical/Internship Hours: 0

Required Materials

Textbook:

Consumer Health. Butler ISBN: 9781449646455

Other Required Materials:

Internet

Course Outcomes

At the completion of this course, the student should be able to:

- Make good intelligent decisions regarding consumer health purchases.
- Recognize unnecessary, ineffective, or unsafe products and services.
- Know individual rights as a consumer.
- Optimize benefits from health care providers and facilities minimizing potential for harm.
- Set reasonable expectations for what healthcare can do for you.
- Examine the politics of health-related innovations and accountability of marketers.
- Recognize science based facts and guidelines regarding health products and services.

Topical Description

1	Being a Good Consumer
2	Health Fraud and Quackery
3	Health Insurance
4	Medications
5	Complementary and Alternative Medicine
6	Dietary Supplements
7	Weight Management
8	Advertising
9	Consumer Protection

Note to Instructors

1. Information should be slanted to issues facing the exercise science and personal training profession.