

HLT 110

Concepts of Personal and Community Health

COURSE OUTLINE

Prerequisites: None

Course Description:

Studies the concepts related to the maintenance of health, safety, and the prevention of illness at the personal and community level. Lecture 2-3 hours per week. 2-3 credits (VCCS MCR Description)

This introductory course, presents an introduction to basic personal health concepts, nutrition, exercise, weight management, cardiovascular disease, infection and environmental health. Concepts will be presented within the scope of individual and community health. (Additional Description added by the faculty)

Semester Credits: 2-3 Lecture Hours: 2-3 hours per week

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Course Outcomes:

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

- **Identify social, intellectual, spiritual, physical, emotional, and psychological dimensions of health.**
- **Develop and analyze current issues involving the use and abuse of alcohol, tobacco and drugs.**
- **Develop a base of knowledge regarding Immunity, Infection and Disease.**
- **Understand how health issues can be affected by environmental, personal, nutritional and community practices.**

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Required Materials:

1. Textbook
2. Internet access
3. Blackboard

Textbook:

Core Concepts in Health, 14th edition update package with connect

Authors: Paul Insel, Walton Roth

ISBN: 9781308472140

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Topical Description:

**Instructors of 3 credit courses will teach 15 of 17 chapters of their choice.
Instructors of 2 credit courses will teach 12 of the 17 chapters of their choice.**

- Chapter 1 Taking Charge of your Health**
- Chapter 2 Stress: the Constant Challenge**
- Chapter 3 Psychological Health**
- Chapter 4 Intimate Relationships and communication**
- Chapter 5 Sexuality, Pregnancy and childbirth**
- Chapter 6 Contraception and Abortion**
- Chapter 7 The Use and Abuse of Psychoactive Drugs**
- Chapter 8 Alcohol and Tobacco**
- Chapter 9 Nutrition Basics**
- Chapter 10 Exercise for Health and Fitness**
- Chapter 11 Weight Management**
- Chapter 12 Cardiovascular Disease and Cancer**
- Chapter 13 Immunity and Infection**
- Chapter 14 Environmental Health**
- Chapter 15 Conventional and complementary Medicine**
- Chapter 16 Personal Safety**
- Chapter 17 The Challenge of Aging**

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Notes to Instructors

Instructors may use instructor developed materials to enhance the course and should make every effort to include technology when appropriate. Examples of this available to everyone include such things as Panopto recordings.

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