

# Virginia Western Community College

## HLT 110

### Concepts of Personal and Community Health

#### **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. 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.

**Semester Credits: 3**

**Lecture Hours: 2-3**

**Lab/Clinical/Internship Hours: 0**

#### **Required Materials**

##### **Textbook:**

None-Open Educational Resources

##### **Other Required Materials:**

Internet access

#### **Course Outcomes**

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

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

**Topical Description**

1	Ch 1	The Power of Now
2	Ch 2	Your Psychological and Spiritual Well-Being
3	Ch 3	Caring for Your Mind
4	Ch 4	Personal Stress Management
5	Ch 5	Your Social Health
6	Ch 6	Personal Nutrition
7	Ch 7	Managing Your Weight
8	Ch 8	The Joy of Fitness
9	Ch 9	Sexual Health
10	Ch 10	Reproductive Choice
13	Ch 13	Alcohol
14	Ch 14	Tobacco
15	Ch 15	Major Diseases
16	Ch 16	Infectious Illnesses
17	Ch 17	Consumer Health
19	Ch 19	A Healthier Environment
20	Ch 20	A Lifetime of Health

**Note to Instructors**

1. Chapter 11 Lowering Your Risk of Sexually Transmitted Infections, Chapter 12 Addictions, and Chapter 18 Personal Safety are not covered in this course. Chapter 11, 12 & 18 Power Points are included in Canvas under Additional Power Points to view.
2. 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.
3. Syllabus should state what the course grade will be based on, such as tests, quizzes, a comprehensive final exam and any other assignments made by the instructor.