

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. (Additional description added by the faculty)

Semester Credits: 3

Lecture Hours: 2-3

Lab/Clinical/Internship Hours: 0

Required Materials

1. Internet access
2. Canvas

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 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

Topical Description

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

Note to Instructors

None

[ADA Statement \(PDF\)](#)

[Title IX Statement \(PDF\)](#)