

HLTH-1100: PERSONAL HEALTH EDUCATION

Cuyahoga Community College

Viewing: HLTH-1100 : Personal Health Education

Board of Trustees:

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Academic Term:

Fall 2022

Subject Code

HLTH - Health

Course Number:

1100

Title:

Personal Health Education

Catalog Description:

This course explores the attitudes and practices that are necessary for more healthful living by examining today's health issues, dimensions of wellness, and contemporary approaches to maintaining good health and ways to modify behaviors to enhance one's quality of life.

Credit Hour(s):

3

Lecture Hour(s):

3

Lab Hour(s):

0

Other Hour(s):

0

Requisites

Prerequisite and Corequisite

None.

Outcomes

Course Outcome(s):

Explain the dimensions of wellness and recognize what it means to be healthy across all wellness dimensions and evaluate steps to enhance personal wellness including stress management, psychological health, and sleep.

Essential Learning Outcome Mapping:

Not Applicable: No Essential Learning Outcomes mapped. This course does not require application-level assignments that demonstrate mastery in any of the Essential Learning Outcomes.

Objective(s):

1. Describe wellness as a health behavior goal.
2. Describe the factors that influence wellness.
3. Explain methods for achieving wellness through lifestyle management.
4. List ways to promote lifelong wellness for yourself and your environment.
5. Define stress.
6. Describe the relationship between stress and health.
7. List common sources of stress.
8. Describe and apply techniques for managing stress.
9. Describe what it means to be psychologically healthy.
10. Describe common psychological disorders.
11. Recognize the warning signs, risk factors, and protective factors related to suicide.

12. Describe the types of help available for psychological issues.
13. Identify the three stages of sleep.
14. Explain the health-related benefits of sleep and the consequences of disrupted sleep.
15. Discuss changing sleep needs throughout the life span.
16. Identify your sleep disrupters and how to reduce their effects.

Course Outcome(s):

Discuss topics of personal health including intimate relationships, pregnancy, sexuality, childbirth, pregnancy, contraception and abortion and acquire, evaluate and use information on these topics to make better personal lifestyle choices to increase the quality of health and wellness for life.

Essential Learning Outcome Mapping:

Not Applicable: No Essential Learning Outcomes mapped. This course does not require application-level assignments that demonstrate mastery in any of the Essential Learning Outcomes.

Objective(s):

1. Explain the qualities that help people develop and maintain intimate relationships.
2. Explain elements of healthy and productive communication.
3. Describe types of love relationships as well as singlehood.
4. Discuss the benefits, challenges, and rewards of marriage and family life.
5. Describe the structure and function of human genital structure anatomy.
6. Explain the role of hormones in sexual and genital development.
7. Describe how the body functions during sexual activity.
8. Explain the role of gender roles and sexual orientations.
9. Explain the varieties of sexual behavior.
10. Explain the principles of fertility and infertility
11. Describe the physical and emotional changes related to pregnancy and the potential complications of pregnancy.
12. Identify the stages of fetal development.
13. Explain the importance of good prenatal care.
14. Describe the choices and processes related to childbirth.
15. Describe the types of long-acting and short-acting reversible contraceptives and how they work.
16. Explain approaches to emergency and permanent contraception.
17. Discuss how to choose a contraceptive method that is right for you.
18. Summarize the United States history of abortion and current debate about it.
19. Discuss basic facts about abortion and the decision to have one.
20. Describe the legal restrictions placed on abortion in the United States.

Course Outcome(s):

Discuss the components of a healthy diet, healthy weight, and active lifestyle and utilize the information to develop and adopt an exercise program, healthy diet, and healthy lifestyle weight management plan to reduce the risk of disease and enhance overall quality of health and wellness.

Objective(s):

1. List the components of a healthy diet.
2. Explain how to make informed choices about food.
3. Develop a personalized nutrition plan.
4. Describe the benefits of exercise.
5. Define physical fitness.
6. Explain the components of an active lifestyle and an exercise program.
7. Develop a personalized exercise program.
8. Explain strategies for staying on track with an exercise program.
9. Discuss methods for assessing body weight and body composition.
10. Explain the effects of body fat on wellness.
11. Explain factors that contribute to excess fat.
12. Describe lifestyle factors associated with successful weight management.
13. Describe approaches to overcoming a weight problem.
14. Explain the relationship between body image and eating disorders and the associated health risks.

Course Outcome(s):

Discuss the signs, symptoms, risk factors, preventive steps and treatment strategies for cardiovascular diseases, cancer, immunity, and infections and develop steps to protect from disease and improve the overall quality of health and wellness.

Objective(s):

1. Identify the major components and major forms of cardiovascular disease.
2. Describe the risk factors associated with cardiovascular disease.
3. List the steps to protect yourself against cardiovascular disease.
4. Explain the basic facts about cancer.
5. Discuss causes of cancer and how to avoid or minimize them.
6. Describe how cancer can be detected, diagnosed, and treated.
7. Describe common cancers as well as detection and treatment option.
8. Explain the body's physical and chemical defenses against infection.
9. Describe the step-by-step process by which infectious diseases are transmitted.
10. Identify the major types of pathogens, then diseases they cause, and possible treatments for them.
11. Discuss the steps once can take to support their immune system.
12. Discuss the symptoms, risks, and treatments for the major sexually transmitted infections.
13. List strategies for protecting against sexually transmitted infections.

Course Outcome(s):

Acquire, evaluate and use information regarding living well in the world as it relates to environmental health, conventional and complimentary medicine, personal safety, and the challenges of aging.

Objective(s):

1. Explain the concept of environmental health.
2. Explain how population growth affects the earth's environment.
3. Explain the impact of energy use and production on the environment.
4. Describe the causes and effects of air and water pollution and the problem of solid waste disposal.
5. Identify environmental issues related to chemical pollution, radiation pollution, and hazardous waste.
6. Explain the concept of noise pollution and its impacts on health.
7. Understand options for self-care and professional care.
8. Describe the practices of conventional medicine.
9. Learn about integrative health practices.
10. Understand the costs of health care and health care payment.
11. List the most common unintentional injuries and prevention strategies.
12. Discuss violence and intentional injuries and protection strategies.
13. List strategies for helping others in an emergency.
14. Identify challenges that may accompany aging.
15. Explain the factors influencing life expectancy.
16. Understand issues facing older adults in the United States.
17. List strategies for healthy aging.
18. List and describe personal considerations in planning for death.
19. Explain the challenges of coping with imminent death and coping with loss.

Course Outcome(s):

Discuss tobacco, alcohol and drug use, explain factors leading to substance misuse and addiction, and outline methods to prevent and treat substance abuse.

Objective(s):

1. Define and discuss addiction.
2. Explain factors that contribute to drug use, misuse and addiction.
3. List risks associated with drug misuse.
4. Understand how drugs affect the body.
5. List and describe the effects of the six major groups of psychoactive drugs.
6. Outline ways to prevent drug-related problems.
7. Understand how alcoholic beverages work in your body.

8. Describe the immediate effects and long-term health effects of drinking alcohol.
 9. Understand what constitutes excessive use of alcohol.
 10. List the reasons why people use tobacco and e-cigarettes.
 11. Explain the health hazards associated with tobacco use and vaping.
 12. Discuss the effects of smoking on nonsmokers.
 13. List social and legislative actions that can be taken to combat smoking and vaping.
 14. Explain the strategies that help people stop using tobacco.
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Methods of Evaluation:

1. Quizzes
2. Examinations
3. Written assignments
4. Student wellness journals and/or contracts
5. Web assignments
6. Discussion boards
7. Case studies

Course Content Outline:

1. Establishing a basis for wellness
 - a. Wellness as a health goal
 - b. Promoting national health
 - c. Factors that influence wellness
 - d. Reaching wellness through lifestyle management
 - e. Being healthy for life
2. Stress: The constant challenge
 - a. What is stress?
 - b. Stress and health
 - c. Common sources of stress
 - d. Managing stress
 - e. Sleep
3. Psychological health
 - a. Defining psychological health
 - b. Meeting life's challenges with a positive self-concept
 - c. Psychological disorders
 - d. Suicide
 - e. Models of human nature and therapeutic change
 - f. Getting help
4. Sleep
 - a. Sleep biology
 - b. Sleep and its relation to health
 - c. Getting started on a healthy sleep program
 - d. Sleep disorders
5. Intimate relationships and communication
 - a. Developing interpersonal relationships
 - b. Communication
 - c. Pairing and singlehood
 - d. Marriage
 - e. Family life
6. Sexuality, pregnancy, and childbirth
 - a. Sexual anatomy
 - b. Gender roles and sexual orientation
 - c. How sex organs function during sexual activity
 - d. Sexual behavior
 - e. Conception
 - f. Infertility
 - g. Pregnancy

- h. Fetal development
 - i. Importance of prenatal care
 - j. Complications of pregnancy and pregnancy loss
 - k. Childbirth
- 7. Contraception and abortion
 - a. How contraception works
 - b. Long-acting reversible contraception
 - c. Short-acting reversible contraception
 - d. Emergency and permanent contraception
 - e. Selecting contraceptive method
 - f. Understanding abortion
 - g. Methods of abortion
 - h. Legal restrictions and public health debate about abortion
- 8. Drug use and addiction
 - a. Addiction
 - b. Use and abuse of drugs
 - c. How drugs affect the body
 - d. Groups of psychoactive drugs
 - e. Preventing drug-related problems
- 9. Alcohol and tobacco
 - a. Alcohol and the body
 - b. Alcohol's immediate and long-term effects
 - c. Excessive use of alcohol
 - d. Tobacco use
 - e. Health hazards of tobacco
 - f. Effects of smoking on non-smokers
 - g. Methods to combat and quit smoking
- 10. Nutrition basics
 - a. Components of a healthy diet
 - b. Nutritional guidelines
 - c. Personal plan and making informed decisions about food
- 11. Exercise for health and fitness
 - a. Benefits of exercise
 - b. Physical fitness
 - c. Designing and maintaining an exercise program
- 12. Weight management
 - a. Evaluating body weight and body composition
 - b. Body fat and wellness
 - c. Adopting healthy lifestyle for weight management
 - d. Body image and eating disorders
- 13. Cardiovascular disease and cancer
 - a. Major forms of cardiovascular disease
 - b. Risk factors for cardiovascular disease
 - c. Protecting yourself against cardiovascular disease
 - d. Basic facts about cancer
 - e. Causes of cancer
 - f. Detecting, diagnosing, and treating cancer
 - g. Common types of cancer
- 14. Immunity and infection
 - a. Body's defense system
 - b. Pathogens, diseases, and treatments
 - c. Major STIs
 - d. What can you do about STIs.
- 15. Environmental health
 - a. Environmental impacts of energy use and production
 - b. Air quality and pollution
 - c. Water quality and pollution
 - d. Solid waste pollution

- e. Chemical pollution and hazardous waste
 - f. Radiation pollution
 - g. Noise pollution
16. Conventional and complementary medicine
- a. Self and professional care
 - b. Conventional medicine
 - c. Integrative health
 - d. Paying for healthcare
17. Personal safety
- a. Unintentional health
 - b. Violence and intentional injuries
 - c. Providing emergency care
18. Challenge of aging
- a. Dealing with changes of aging
 - b. Life in an aging society
 - c. What is death?
 - d. Planning for death
 - e. Coping with imminent death and coping with loss
 - f. Coming to terms with death

Resources

Insel, P. & Roth, W. (2022) *Core Concepts in Health, BRIEF*, New York: McGraw-Hill Education.

Teague, M., Mackenzie, S., & Rosenthal, D. (2022) *Your Health Today: Choices in a Changing Society*, New York: McGraw Hill Education.

Fahney, T., Insel, P., & Walton, R. (2021) *Fit & Well: Core Concepts and Labs in Physical Fitness and Wellness*, New York: Mc-Graw Hill Education.

Edin, G. & Golanty, E. (2019) *Health & Wellness*, Burlington, MA: Jones & Bartlett Learning.

Resources Other

Handouts, Internet sites, and videos provided by instructor

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