COMMON COURSE OUTLINE: Course discipline/number/title: CHW 1055: Community Health Worker Role: Health Promotion Competencies

A. CATALOG DESCRIPTION
   1. Credits: 3
   2. Hours/Week: 3
   3. Prerequisites (Course discipline/number): Appropriate RCTC score for placement in READ 0900
   4. Co-requisites (Course discipline/number): CHW 1000, CHW 1010, CHW 1020, CHW 1030, CHW 1040, CHW 1050, CHW 1060
   5. MnTC Goals (if any): NA

This course focuses on the knowledge and skills a CHW needs to assist clients in realizing healthy eating patterns, controlling their weight, integrating exercise into their lives, taking their medications, talking with their doctors, controlling substances such as tobacco, managing stress, achieving life balance, and attaining personal and family wellness. Emphasis will be on learning strategies that can be used to aid in client awareness, their education and incorporation of health into their daily living. This course also provides information and activities in which the CHW can assimilate these concepts into their own lives.

B. DATE LAST REVISED (Month, year): November, 2011

C. OUTLINE OF MAJOR CONTENT AREAS:
   1. Healthy Lifestyles
   2. Heart & Stroke
   3. Maternal Child and Teens
   4. Diabetes
   5. Cancer
   6. Oral Health
   7. Mental Health

D. LEARNING OUTCOMES (GENERAL): The student will be able to:
   1. Identify the principles of health and a healthy lifestyle.
   2. Describe the elements of healthy lifestyles including weight, exercise, recreation, relaxation, and managing stress.
   3. Discuss the considerations of supporting a healthy lifestyle such as assisting clients with understanding healthy eating patterns, planning for exercise, being knowledgeable about their medications, talking with their doctors, and controlling substances such as tobacco.
   4. Define life balance and describe the ways in which clients and their families can achieve it.
   5. Explain strategies that can be used to make clients aware of and incorporate health into their lifestyles.
   6. Demonstrate different ways to educate clients about healthy lifestyles.
   7. Promote a healthy lifestyle in self, clients, families and communities.

E. LEARNING OUTCOMES (MNTC): NA

F. METHODS FOR EVALUATION OF STUDENT LEARNING:
   1. Discussion
   2. Role Play
   3. Quizzes
   4. Papers

G. RCTC CORE OUTCOME(S) ADDRESSED:
   - Communication
   - Critical Thinking
   - Global Awareness/Diversity
   - Civic Responsibility
   - Personal/Professional Accountability
   - Aesthetic Response

H. SPECIAL INFORMATION (if any): None