COMMON COURSE OUTLINE: Course discipline/number/title: HLTH 1111: Health Education

A. CATALOG DESCRIPTION
1. Credits: 3
2. Hours/Week: 3
3. Prerequisites (Course discipline/number): None
4. Co-requisites (Course discipline/number): None
5. MnTC Goals (if any): NA

This course gives the student a meaningful and useful background in a number of major health areas. The class includes a study of stress, mental health, human sexuality, nutrition/fitness, drugs, disease, aging, death and dying, consumerism and health care, and ecology and violence and safety. Designed to help the individual student understand and cope with their environment and to be a responsible citizen. RECOMMENDED ENTRY SKILLS/KNOWLEDGE: College Level Reading.

B. DATE LAST REVISED (Month, year): March, 1997

C. OUTLINE OF MAJOR CONTENT AREAS:
1. Wellness: A Quality of Living
   a) Descriptions of Health
   b) The Wellness Concept
   c) Self-Responsibility for Health and Wellness
   d) Healthy People 2000
   e) Personal and Social Influences
   f) Social Norms
2. Mental Well-Being and Stress: Coping Positively
   a) What Mental Wellness is
   b) Depression: Moving Away from Mental Wellness
   c) Stress: A Mental Wellness Challenge
   d) Stressors
   e) The Physiology of Stress
   f) Stress Management
3. Fitness
   a) How Physically Fit are Americans?
   b) Benefits of Physical Activity
   c) Psychological Benefits
   d) Cardiovascular Benefits
   e) What is Fitness?
   f) Principles of Fitness
   g) Aerobic Exercises
   h) Anaerobic Exercises
   i) Designing an Aerobics Program
4. Nutrition
   a) The Typical American Diet
   b) The ABCs of Nutrition
5. Weight Management
   a) Assessing Body Fat
   b) Assessing Body Weight
   c) What Causes Obesity?
   d) The Energy-Balance Equation
   e) The Fat-Cell Theory
   f) The Set-Point Theory
   g) Body Composition and Life-Style Change
   h) The Need for Exercise
   i) The Role of Diet
C. OUTLINE OF MAJOR CONTENT AREAS: Continued...

6. Drugs and Drug Use
   a) Drug-Taking Behaviors: Use, Misuse and Abuse
   b) Personal and Social Influences on Alcohol and Other Drug Use
   c) Interpersonal and Social Influences
   d) Global Environmental Influences
   e) Social Influences
   f) Why Young People are Legally Prohibited
   g) Decision Making and Drug Use
   h) Responsible Drug Use

7. Psychoactive Drugs
   a) Illicit Drugs
   b) Personal and Social Influences on Drug Use Patterns
   c) Attitudes toward Illicit Drug Use

8. Alcohol
   a) Basic Pharmacology
   b) Alcohol Abuse
   c) Responsible Drinking Behavior

9. Tobacco
   a) History of Tobacco Use
   b) Composition of Tobacco Smoke
   c) Risks Associated with Tobacco
   d) Morality Risks
   e) Morbidity Risks
   f) Personal and Social Barriers to a Smoke-Free Life-Style
   g) Advertising and the Media
   h) Other Factors Influencing the Decision to Smoke
   i) Government Support
   j) Rights of Nonsmokers
   k) Health Risks to Nonsmokers from Involuntary Smoking

10. Noncommunicable Diseases
    a) Cardiovascular Disease
    b) Cancer
    c) Emphysema

11. Communicable Diseases
    a) The Infectious Disease Cycle
    b) Sexually Transmissible Diseases
    c) AIDS
    d) Personal and Social Issues Related to STD Control

12. Human Sexuality
    a) Defining Human Sexuality
    b) Social Theories
    c) Sexual Behavior
    d) Sexuality Research
    e) Sexuality and Life-Style Options
    f) Sex Roles and Society
    g) Social Influences on Sexual Relationships
    h) Sexuality and AIDS

13. Birth Control
    a) When Does Human Life Begin?
    b) Birth Control
    c) Factors Influencing Birth Control Choices
    d) Abortion
    e) Birth Control: Personal and Social Influences

14. Pregnancy and Child Care
    a) The Reproductive System
    b) Pregnancy
    c) Childbirth
C. OUTLINE OF MAJOR CONTENT AREAS: Continued.

15. Consumerism
   a) Health-Care Personnel
   b) Personal and Social Influences on Health Care
   c) Disorganization of the Health-Care System
   d) Personal Attitudes and Practices
   e) Financing Health Care
   f) Fraud and the Consumer
   g) Consumer Skills and Self-Responsibility
   h) How to Read the Health Literature
   i) Help for the Consumer
   j) Writing an Complaint Letter

16. Ecology: Establishing a Healthy Environment
   a) The Laws of Ecology
   b) Personal and Social Influences on the Environment
   c) Our Consuming Way of Life
   d) Consumption and Entropy
   e) Toward a Sustainable Earth Society
   f) Changing our Consumption Patterns
      i. Food
      ii. Transportation
      iii. Water
      iv. To the future
      v. Clothing
      vi. Solid Wastes
      vii. Energy

17. Intentional and Unintentional Injury
   a) Social Influences on Intentional and Unintentional Injury
   b) Risk-Taking Behavior
   c) Safety
   d) Unintentional Injuries
   e) Intentional Injury from Violent and Abusive Behavior
   f) Suicide
   g) Homicide
   h) Acquaintance Rape
   i) Nuclear Arsenals

18. Aging
   a) Changing Patterns of Aging
   b) Myths about Aging
   c) Biological Processes of Aging
   d) Theories of Aging
   e) Being Old an Being a Minority
   f) Personal and Social Issues Related to Wellness
   g) Health Care
   h) Environmental Barriers

19. Death
   a) Personal and Social Issues Related to Death and Dying
   b) Hospice
   c) The Living Will, Euthanasia, and Mercy Killing

D. LEARNING OUTCOMES (GENERAL): The student will be able:

1. To recognize the importance of taking an active role in developing a wellness lifestyle.
2. To analyze the impact social norms have made on the development of life-style factors.
3. To develop critical thinking when assessing media reports about health research.
4. To develop mental wellness through improving self-concept and learning to identify and manage stress.
5. To analyze the benefits and a sound nutrition and exercise program in developing a wellness lifestyle.
D. **LEARNING OUTCOMES (GENERAL): Continued.** The student will be able:

6. To describe the problem of world hunger and potential solutions.
7. To describe and evaluate the social prejudice experienced by many obese people.
8. To consider intimate relationships and their impact on health and well-being.
9. To evaluate social, economic, and political factors that can contribute to the spread of HIV/AIDS.
10. To identify and describe reproduction, the stages of prenatal health, and childbirth.
11. To compare and describe birth control methods, effectiveness and safety.
12. To compare several views on when human life begins.
13. To discuss the personal, social, and political concerns regarding current abortion rulings.
14. To identify and discuss several consequences of world overpopulation.
15. To discuss the impact on the individual and society of unintentional injuries/deaths and intentional injuries/death from violent and abusive behavior.
16. To identify several personal and social influences that contribute to the development of heart disease and cancer.
17. To explain why quackery continues to thrive.
18. To discuss several personal and social issues related to STD control.
19. To discuss the factors that will contribute to the rise of HIV on a global basis.
20. To discuss the special needs of a person about to die.
21. To evaluate the impact of new technology on ethical issues relating to life and death, including mercy killing and euthanasia.
22. To assess one’s personal beliefs about death and dying.
23. To discuss the process for becoming an organ donor.
24. To evaluate the actions of medical and legal personnel in making judgments concerning the withholding of life-sustaining care.
25. To describe the current trends of alcohol and drug abuse in the U.S.
26. To identify different patterns of drug taking.
27. To identify major issues related to drug abuse and families.
28. To analyze the influence of advertising on drug-taking behavior.
29. To describe the decision processes related to drug use.
30. To describe the current trends in use and abuse of drugs in the U.S.
31. To identify how over-the-counter and prescription drug use has changed.
32. To describe the major consequences of illicit drug use to the individual and to society.
33. To identify the major issues of drug use by athletes and the problems associated with the use of anabolic steroids.
34. To describe the current patterns of alcohol use in the U.S.
35. To identify the social influences on the responsible use of alcohol.
36. To analyze the social impact groups like “MADD” has on our laws.
37. To analyze the “Healthy People 2000 Objectives for the Nation” related to tobacco. How do these affect laws like “The Clean Indoor Air Act” and smoking in the workplace and public places?
38. To list the “Nation’s Health Objectives for the Year 2000” whose achievement will promote access to health care for the American people.
39. To analyze why health care costs are rising and how these costs have affected the American people.
40. To compare different models for the delivery of health care in the U.S.
41. To summarize the health status of older Americans during the 1990’s.
42. To identify several life-style modifications that can retard aging and increase the quality of life.
43. To discuss the right and responsibilities of seniors and how groups like AARP can help.
44. To define ecology and explain the four “Laws of Ecology”.
45. To discuss ways to increase environmental sensitivity.
46. To analyze the relationship between environmental solutions occurring at the policy level (government, industry, or community group) and those solutions that might be undertaking by an individual.

E. **LEARNING OUTCOMES (MNTC):** NA

F. **METHODS FOR EVALUATION OF STUDENT LEARNING:**

1. Group and Panel discussions
2. Class participation
3. Position and Term papers
4. Objective, Short answer and Essay tests
5. Oral Exam
METHODS FOR EVALUATION OF STUDENT LEARNING:
6. Quizzes
7. Personal Journal
8. Videotapes
9. Field trips

SPECIAL INFORMATION (if any): None