

# **Common Course Outline**

## **HLTH 101**

### **Health and Wellness**

**3 Semester Hours:**

## **The Community College of Baltimore County**

### **Description**

Health and Wellness

Studies the essential wellness practices as they relate to current concepts of preventive medicine; investigates the latest scientific findings relevant to the major diseases and causes of premature death in the U.S.

Corequisite: RDNG 052

### **Overall Course Objectives**

Upon successfully completing a General Education course in interdisciplinary and emerging issues Health and Wellness, category six, students will be able to:

1. evaluate the credibility of the sources of health information; III, 2,3
2. demonstrate effective oral, written, and critical thinking skills as they relate to health behaviors; I, II, 1
3. differentiate between a healing and preventative medicine model and a treatment model; III, 2,4
4. apply the appropriate use of technology in health related research and assessment; IV, 2
5. apply medical language as it relates to health and wellness; I, 1,3
6. demonstrate effective skills of interpersonal communication within diverse group settings; II, III, 1,3
7. assess personal behavior in relationship to emotional, social, intellectual and physical outcomes; V, 1,5,6
8. synthesize health behaviors appropriate for promoting personal wellness; VI, 5,6
9. utilize decision-making skills to address issues of community and environmental health in a diverse society; III, V, VI, 1,4
10. establish health-style goals to promote lifetime wellness. III, VI, 6,7

### **Major Topics**

1. Holistic Health and a Wellness Lifestyle
2. Mental Health & Stress Management
3. Nutrition, Fitness, and Weight Management
4. Human Sexuality
5. Chronic Communicable and Degenerative Diseases
6. Consumer Health
7. Issues of Death and Dying

8. Substance Use and Abuse
9. Community and Environment

### **Course Requirements (General Education Criteria #VII)**

Specific assignments and procedures for evaluating student performance in this course will be described in the individual class syllabus, but will include the following:

1. A minimum of two written and/or oral examinations
2. A minimum of two reading and writing assignments (e.g. diet analysis, fitness profile, website reviews)
3. A minimum of two group projects (e.g. debates, collaborative problem solving, team projects)

### **Other Course Information**

The Community College of Baltimore County is committed to providing a high-quality learning experience that results in a growth in knowledge, attitudes, and skills necessary to function successfully as a transfer student, in a career and as a citizen. To accomplish this goal, we maintain high academic standards and expect students to accept responsibility for their individual growth by attending class, completing all homework and other assignments, participating in class activities and preparing for tests.

## **GENERAL EDUCATION RATIONALE**

### **HLTH 101**

#### **Health and Wellness**

HLTH 101, Health and Wellness, emphasizes health as a state of complete physical, mental and social well-being. Health is presented as a value without distinction of race, religion, political belief or economic or social condition. In its broadest sense, Health and Wellness encompasses physical, mental, emotional, social, spiritual and environmental aspects of the individual as well as of the community in which he or she lives. More specifically, this course emphasizes becoming healthy through developing healthy behaviors and through behavior change. This personal growth is accomplished with the acquisition of health knowledge, the accumulation of factual information, and health literacy, the interpretation and implementation of basic health information and technology. The four components of health literacy include critical thinking and problem solving, self-directed learning, effective communicating and being a responsible citizen.

In addition, health skills are emphasized as tools for achieving goals. These include emotional skills, social skills, intellectual skills, and motor skills. This holistic survey of health and wellness as it relates to the student's ability to acquire, analyze and use information critically is measured through the assessment of knowledge and the ability to accomplish tasks involved in learning. To these ends the faculty have established minimum outcome standards.