

Common Course Outline

HLTH 101

Health and Wellness

3 Credits

Community College of Baltimore County

Description

HTLH 101 – 3 credits – Health and Wellness explores essential wellness practices as they relate to current concepts of preventative medicine. This course investigates the latest scientific findings germane to the major diseases and causes of premature death in the United States. Issues addressed include those pertaining to social, emotional, physical, intellectual, spiritual, and environmental health. The importance of self-responsibility within a wellness lifestyle is stressed, enabling the student to take the initiative to enhance his or her quality of life.

3 Credits

Co-requisites: ACLT 052 or ACLT 053

Overall Course Objectives

Upon completion of this course students will be able to:

1. develop and implement a plan appropriate for promoting personal wellness,
2. evaluate the credibility of health information from sources such as magazines, websites, books, journals, and the internet,
3. demonstrate effective oral, written, and critical thinking skills as they relate to health behaviors contributing to a wellness lifestyle,
4. differentiate between a holistic/preventative medicine and a treatment model,
5. apply technology to assess and enhance the promotion of positive health behaviors,
6. interpret technical and medical language as it relates to health and wellness,
7. practice effective interpersonal communication skills,
8. assess personal behavior and establish goals to promote individual wellness,
9. determine how personal decisions influence community and environmental health,
10. compare and contrast a variety of cultural and ethnic backgrounds to identify differences that may contribute to risk factors for developing chronic disease, and
11. demonstrate knowledge of current wellness information and issues.

Major Topics

- I. Holistic Health and a Wellness Lifestyle
- II. Mental Health
- III. Stress Management
- IV. Human Sexuality
- V. Basic Nutrition
- VI. Fitness

- VII. Weight Management
- VIII. Substance Use and Abuse
- IX. Chronic Diseases
- X. Communicable Diseases
- XI. Degenerative Diseases
- XII. Healthy Environments
- XIII. Consumer Health
- XIV. Issues of Death and Dying

Course Requirements

Multiple assignments will infuse CCBC General Education Program objectives; at least one assignment worth a minimum 10% of the total course grade (comprehensive project) will allow students to demonstrate at least 5 of the 7 General Education Program outcomes.

Grading procedures will be determined by the individual faculty member but will include the following:

Grading/exams

1. Comprehensive project (nutritional analysis analysis, behavior modification project)
2. A minimum of 2 written and/or oral examinations
3. A minimum of 1 reading and writing assignment that includes use of library resources and internet
4. Attendance and class participation are required to meet the course objectives

Written Assignments: Students are required to utilize appropriate academic resources.

Other Course Information

This course is an approved General Education course in the Interdisciplinary and Emerging Issues: Health and Wellness category. Please refer to the current CCBC Catalog for General Education course criteria and outcomes.