

HEED-115 Personal and Community Health

This course will synthesize the important facts and concepts of a variety of college level courses including biology, physiology, anatomy, ecology, psychology, and sociology into a meaningful dialogue that will motivate the student to modify their health practices to a high level of effective and enjoyable living.

Credits 3

Prerequisites none

Fees This course has fees totaling \$45.00.

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Overall Course Objectives

Upon completion of this course the student will be able to:

- Describe the fundamental principles of health education.
- Explain basic health concepts.
- Describe the psychological development of the individual.
- Identify the needs of individuals with degenerative and infectious diseases.
- Identify consequences of drug use.
- Identify nutrition and fitness concepts.
- Evaluate cultural implications linked with beliefs and values concerning human sexuality.
- Describe beliefs and practices related to thanatology.
- Explain the effects of aging.
- Describe the physiological and psychological aspects of human sexuality.
- Analyze personal health status.

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Major Course Topics

- Stress and Emotional Health
- Diet and Exercises
- Disease
- Sexuality
- Drugs, Alcohol and Tobacco
- Aging, Death and Dying
- Environmental Health and Health Behavior

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Course Format

- Is self-paced.
- Does not require on-campus meetings.
- Does not require real-time chats.
- Is designed in 15 learning modules, each module corresponding to one or more chapters in the textbook and focusing on a specific area of Personal and Community Health. For each module the student will read the associated one or more chapters in the textbook, review the module tutorial, complete the assignments, and take the quiz for each module. At the completion of the 15 topic modules, the student will take a cumulative final.

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Orientation

This course has no required face-to-face orientation.

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Course Requirements

- Review the "[What you should know before you register](#)" section of the Distance Learning home page.
- **Reading Assignments:** It is recommended that students complete the readings before other course component.
- **Tutorials:** 15 tutorials, corresponding to the content in one or more chapters in the course text book.
- **Health Behavior Workbook:** Students will complete assignments which focus on behavior modification.
- **Web Assignments:** Students will be given assignments that relate to the materials presented in the learning modules and textbook chapters.
- **Quizzes:** Students will complete 3 quizzes, each covering 5 topic areas.
- **Final:** Students will complete a comprehensive final.

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Texts and Materials

Required:

Alters & Schiff. *Essential Concepts of Healthy Living*, 3rd Edition.

Schiff. *The Human Condition Study Guide*, 3rd Edition.

- Buy your textbooks from our online [Bookstore](#), or visit our [Bookstore](#). ([Maps](#))

Technical Requirements and Plug-Ins:

Review the Technical Requirements link above. The following plug-ins are required for this course:

- Acrobat Viewer
- Flash
- Internet Explorer

- PowerPoint Viewer, if you don't have the full version of Microsoft PowerPoint
- QuickTime
- Real Player
- Windows Media Player
- Word Viewer, if you don't have the full version of Microsoft Word

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Exams

Students will take 3 online quizzes and an online cumulative final, which will be given at the completion of the course. All quizzes and the final will consist of multiple-choice and true-false questions and will be timed.

*If you have any questions or comments about this class, please send a message to
Patrick L. Finley, pfinley@howardcc.edu*

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