

**COURSE OUTLINE**  
**HEED-115**  
**Personal and Community Health**  
3 Semester Hours

**HOWARD COMMUNITY COLLEGE**

**Description**

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.

A liberal education prepares students to lead ethical, productive, and creative lives and to understand how the pursuit of lifelong learning and critical thinking fosters good citizenship. General education courses form the core of a liberal education within the higher education curriculum and provide a coherent intellectual experience for all students by introducing the fundamental concepts and methods of inquiry in the areas of mathematics, the physical and natural sciences, the social sciences, the arts and the humanities, and composition. This course is part of the general education core experience at Howard Community College.

**Course Objectives**

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

1. Describe the fundamental principles of health education.
2. Explain basic health concepts.
3. Describe the psychological development of the individual.
4. Identify the needs of individuals with degenerative and infectious diseases.
5. Identify consequences of drug use.
6. Identify nutrition and fitness concepts.
7. Evaluate cultural implications linked with beliefs and values concerning human sexuality.
8. Describe beliefs and practices related to thanatology.
9. Explain the effects of aging.
10. Describe the physiological and psychological aspects of human sexuality.
11. Analyze personal health status.

**Major Topics**

1. Overview
2. Stress and Emotional Health
3. Diet and Exercises
4. Disease

5. Sexuality
6. Drugs, Alcohol and Tobacco
7. Aging, Death and Dying
8. Environmental Health and Health Behavior

### **Course Requirements**

Grading/Exams: Grading procedures will be determined by the individual faculty member to include, but not limited to attendance, mid-term, final exam and writing project.

Writing: Specific writing assignments will be determined by the individual faculty member to include, but not limited to, a choice of research paper, book report, community service project, or assigned health topic.

### **Other Course Information:**

This course is an Interdisciplinary and Emerging Issues core course.