

COURSE OUTLINE
HEED-210
Foundations of Health Education and Health Behavior
3 Semester Hours

HOWARD COMMUNITY COLLEGE

Description

This course will examine the scientific and philosophical bases for various theories of health, including health, wellness, individual control and limitations of health status, and holistic health. Also examined will be the psychological, social psychological, and sociological approaches to the following health areas: development of health attitudes and behavior, patient-provider interaction and the organization of health care.

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.

Overall Course Objectives

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

1. Identify the scientific and philosophical bases of health education.
2. Explain the social, cultural and historical foundations of health education.
3. Identify the various theories of health education and compare and contrast the advantages and disadvantages of each.
4. Explain the of role health status in the health education of individuals and communities.
5. Analysis of the role and describe the impact of the health educator and health agencies on health behavior in the society, and community and school settings.
6. Describe and evaluate the current system of health care in the U.S.
7. Psychological, social psychological, and sociological approaches to the development of health attitudes and behavior.

Major Topics

- I. Health Promotion and Health Education
- II. Settings for Health Ed and Health Promotion
- III. Health Education programs
- IV. Ethics in Health Promotion and Health Ed
- V. Health Policy
- VI. Health Behaviors and Change
- VII. The Health Educator
- VIII. Issues in Health Education

Course Requirements

Grading/Exams:

Grading procedures will be determined by the individual faculty member.

Other Course Information

This course is an Interdisciplinary and Emerging Issues core course and is an arts and science elective.