

COURSE OUTLINE

HEED-212

Current Health Issues

3 Semester Hours

HOWARD COMMUNITY COLLEGE

Description

This course will examine issues and trends relevant to consumer health decisions. Environmental health, the health care system, and emotional health are topics included in this course. Upon completion of the course, the student will be able to identify contemporary health issues related to the health of the nation. This course is an Arts and Science Elective and required for students in Health, Fitness and Wellness programs.

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. Describe the emotional and physiological effects of stress in mental health.
2. Describe coping mechanisms utilized to achieve emotional fitness.
3. Discuss current trends, research in sexually transmitted diseases and human sexuality.
4. Discuss the current stage of health care and the impact upon self-care.
5. Examine ethical/legal issues in the health care system.
6. Examine the potential health hazards of substance abuse and use.
7. Discuss lifestyle changes that can reduce one's risk for disease. Include the effect of nutrition and exercise.
8. Describe the impact of the aging population upon the health of our nation.
9. Identify means of achieving independence in the aged.
10. Describe the impact of the year 2000 health objectives in consumer health.
11. Summarize the functions of a community health service agency in a health area of interest.

Major Topics

Stress Management: Health/Defined
 Lifestyle Choices
 Physiological Factors of Stress:
 The Body's Response
 Stress Theory
 Coping Techniques

Mental/Emotional Health:	Thoughts - Emotions - Physiological Changes Mental/Emotional Illness Defined Self-Esteem/Perfectionism Life's Balances Personality Type Depression
AIDS	What AIDS is Transmission, cure? Health care impact Testing
The Health System:	Consumer Protection Legal Implications Insurance Industry Cost of Health Care Choices of Coverage Types of Health Care Services
Environmental Health:	The Land as an Environment Toxic Wastes Air Pollution Noise Pollution Impact to Individuals Asbestos
Nutritional Health:	Dietary Trends Diet and Disease A Composite View of the American Diet Health Food versus Regular Food
New Consumer Products:	Review of the Health Related Products on the Market Cost of Products/Effectiveness Methods of Reviewing Effectiveness from a Consumer Perspective
The Maturity Factor:	Emotional/Physiological Changes of Aging Services Available As We Age Weight Aspects of Aging

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 written project.

Writing: Specific writing assignments will be determined by the individual faculty member. To include, but not limited to a 3-5 page formal written document on an assigned health related topic and community service project.

Other Course Information

This course is an Interdisciplinary and Emerging Issues core course and is required for students majoring in Health Education and Health Fitness Wellness Promotion.