

Course Description

ELECTIVES: Health**

COURSE DESCRIPTION: This course is designed as a survey course in personal health. The course will provide the student with information that will enable him or her to live a more productive and healthy life today and in the future. Emphasis will be on making healthy personal decisions and in retrieving the information necessary to make healthy choices.

COURSE OBJECTIVES: After completing the course, students will be able to:

1. Understand an individual's emotional and psychological well-being.
2. Identify various kinds of health and issues that surround these various types of health situations.
3. Discuss how technology is influencing health care.
4. Tell why a model can be helpful in making decisions.
5. Explain the benefits of frequent physical exercise.
6. Recognize the importance of good mental health and symptoms that may indicate a person needs help.
7. Describe the difference between the eating disorders bulimia and anorexia.
8. Discuss the importance of planning ahead and examining physical, emotional, and life long consequences when thinking about sexual activity.

PREREQUISITES: None

COURSE LENGTH: One semester

REQUIRED TEXT: None

COURSE OUTLINE:

- I. Introduction to healthful living
 - Areas of Health
 - Technological Advances in Physical Health
- II. Mental health
 - Common Mental Health Disorders
 - Common Treatments
- III. Human sexuality
 - Definition of Human Sexuality
 - Sexually Transmitted Diseases (STD's)
 - Contraceptives
 - Abstinence
 - Pregnancy
- IV. Disease - infectious and non-infectious
 - Common Infectious Diseases (Non-Harmful)
 - Common Infectious Diseases (Harmful)
 - Chronic Diseases
- V. Nutrition
 - Food Guidelines
 - Types of Food
 - Activity Levels and Food Servings
- VI. Consumer Health Resources
 - Government Resources
 - Non-profit Resources
 - Personal Consumer Health
 - Health Insurance
- VII. First Aid and CPR
 - Demonstration of CPR for infants, children and adults
 - First Aid facts for common first aid emergencies
- IX. Alcohol and Drug Abuse
 - Alcoholism
 - Drug Addictions: Effects and Treatments

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