



# ILLINOIS VALLEY COMMUNITY COLLEGE

## COURSE OUTLINE

**DIVISION: Natural Sciences and Business**

**COURSE: HPE 1003 Personal and Community Health**

Date: Spring 2023

Credit Hours: 2

*Complete all that apply or mark "None" where appropriate:*

Prerequisite(s): None

Enrollment by assessment or other measure?  Yes  No

If yes, please describe:

Corequisite(s): None

Pre- or Corequisite(s): None

Consent of Instructor:  Yes  No

Delivery Method:  **Lecture**      **2 Contact Hours** (1 contact = 1 credit hour)  
 **Seminar**      **0 Contact Hours** (1 contact = 1 credit hour)  
 **Lab**      **0 Contact Hours** (2-3 contact = 1 credit hour)  
 **Clinical**      **0 Contact Hours** (3 contact = 1 credit hour)

Offered:  **Fall**     **Spring**     **Summer**

**CATALOG DESCRIPTION and IAI NUMBER (if applicable):**

This course is designed to help the students define their lifestyle and make lifestyle choices that will result in a state of optimum personal health. The course includes a study of health issues and trends, emphasizing the relationship and balance of various aspects of health. Current developments in health science are covered to develop a capacity to make informed, responsible decisions affecting individual and community health.

## **ACCREDITATION STATEMENTS AND COURSE NOTES:**

None

## **COURSE TOPICS AND CONTENT REQUIREMENTS:**

Self, Family, and Community

Mental Health and Stress

Social Connections

Sleep

Nutrition

Fitness

Body Weight and Body Composition

Body Image

Alcohol and Tobacco

Drugs

Sexual Health

Reproductive Choices

Infectious Diseases

Cardiovascular Disease, Diabetes, and Chronic Lung Disease

Cancer

Injury and Violence

## **INSTRUCTIONAL METHODS:**

1. Lecture with Power Point presentations
2. Group discussions
3. Audio-visual materials
4. Lab activities
5. Service learning

## **EVALUATION OF STUDENT ACHIEVEMENT:**

Students are expected to attend class; therefore, each class period is counted as points toward attendance. The final grade will be based on total points accumulated from attendance, quizzes, labs, a service-learning project, and exams. The following scale will be used to determine the letter grade for the course. Percent of Total Points / Letter Grade

A= 90-100%

B= 80-89%

C= 70-79%

D= 60-69%

F= 0-60%

## **INSTRUCTIONAL MATERIALS:**

Textbooks

Your Health Today, Michael Teague, McGraw-Hill LLC.

## **Resources**

Bodyfat Caliper

My Plate Diet Analysis

Sleep Questionnaire

Stress Analysis

## **LEARNING OUTCOMES AND GOALS:**

### **Institutional Learning Outcomes**

- 1) Communication – to communicate effectively;
- 2) Inquiry – to apply critical, logical, creative, aesthetic, or quantitative analytical reasoning to formulate a judgement or conclusion;
- 3) Social Consciousness – to understand what it means to be a socially conscious person, locally and globally;
- 4) Responsibility – to recognize how personal choices affect self and society.

### **Course Outcomes and Competencies**

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

1. Identify and explain the dimensions of health and how they relate to overall well-being.
2. Understand and describe the factors that influence the development of healthy behavior.
3. Understand the interdependence between an individual's physical, emotional, and social health.
4. Understand the importance of personal responsibility and prevention in the development and maintenance of health.