

I. COURSE INFORMATION

- A. Health and Physical Education 105 Personal Hygiene and Community Health
- B. 3 credit hours
- C. Housman and Odum. *Alters and Schiff Essential Concepts for Healthy Living*. 8th ed. Massachusetts: Jones and Bartlett Learning, 2020
- D. Prerequisites: None
- E. KRSN: HSC 1020 Personal and Community Health

The learning outcomes and competencies detailed in this course outline or syllabus meet or exceed the learning outcomes and competencies specified by the Kansas Core Outcomes Groups project for this course as approved by the Kansas Board of Regents.

II. COURSE DESCRIPTION

This course examines health and wellness within the individual and the community. The relationship between societal and cultural issues and health is analyzed. Students are provided with the knowledge to develop personal responsibility in making healthy lifestyle choices.

III. LEARNING OUTCOMES

- A. Gather, analyze and utilize information to make decisions that promote personal and community health and wellness
- B. Differentiate among dimensions of wellness as they apply to overall health
- C. Demonstrate the knowledge and skills for developing personal responsibility in health choices and quality of life
- D. Recognize the importance of demographic diversity as it applies to health and wellness issues

IV. MAJOR CONTENT AREAS

- A. Wellness
- B. Lifestyle
- C. Diseases
- D. New developments in health care

V. ASSIGNMENTS (may include but are not limited to)

- A. Reading assignments
- B. Writing assignments
- C. Research assignments

VI. EVALUATION METHODS (may include but are not limited to)

- A. Attendance and participation
- B. Activities and assignments
- C. Quizzes and exams