

MESABI RANGE COMMUNITY & TECHNICAL COLLEGE – VIRGINIA/EVELETH

Course Outline

Course Title: Personal & Community Health
Semester Course Prefix and Number: HLTH 1455
Old Quarter Course Prefix and Number: HLTH 101

Submitted By: Dan Lind
Approval Date:
Revision Date: 3.23.06

Number of Credits: 3 Number of Lecture Credits: 3
Semester(s) Offered: F/S Number of Lab Credits: 0 Number of Lab Hours: 0
Class Size: Number of Studio/Demonstration/Internship Credits: 0
Negotiated by AASC on 35
(Date)___

Course Purpose Code:

- 0 – Developmental Courses
- 1 – Non-transferable, General Education
- 2 – Technical course related to career programs
- 3 – College course which has the primary goal of applying certain concepts (e.g. vocal ensemble)
- 4 – Other college course not considered a part of general education (MNTC) e.g. computer science, health, physical education
- 5 – Course which is intended to fulfill the Minnesota Transfer Curriculum (MNTC) requirements.
- 9 – Continuing Education/Customized Training specialized credit course (not occurring in 0-5)

Catalog Description:

This course presents factors and conditions, both current and future, that affect the health and efficiency of the individual and the environment. In addition, the course will examine critical issues in our society and indicate possible directions students can go to confront the issues. (Meets Health Requirement of MTC)

Prerequisites and/or recommended entry skills/knowledge:

Course Prerequisite(s): None
Reading Prerequisite: None
Composition Prerequisite: None
Mathematics Prerequisite: None

Career Programs and Transfer Majors Accessing this Course:

Education, Physical Education, Health related fields, Health Education

Minnesota Transfer Curriculum Goal(s) partially met by this course if applicable: Notes: No more than two goals may be met by any one course. (Curriculum Committee review and the Chief Academic Officer's approval are required).

- 0. None
- 1. Communications
- 2. Critical Thinking
- 3. Natural Sciences
- 4. Mathematical/Logical Reasoning
- 5. History and the Social and Behavioral Sciences
- 6. The Humanities and Fine Arts
- 7. Human Diversity
- 8. Global Perspectives
- 9. Ethical and Civic Responsibility
- 10. People and the Environment

Learning outcomes, including any relevant competencies listed in the Minnesota Transfer Curriculum:

The student will:

1. Identify lifestyle diseases that affect them
2. Describe the components of fitness
3. Identify long and short term affects of drug use
4. Explain why it is important to make wise decisions about the use of various substances
5. Examine the social impact of physical and sexual abuse issues
6. Analyze the legal issues with regard to abuse issues
7. Define ways to identify sexual harassment
8. Evaluate early detection for cancer and identify the most common forms
9. Examine the impact gambling on society
10. Identify sexually transmitted disease

Student assessment methods:

1. Quizzes
2. Exams
3. Written Assignments
4. Attendance
5. Student Participation and Discussion

Use of instructional technology (includes software, interactive video and other instructional technologies):

Our text Personal Health Perspectives and Lifestyles, 3rd Edition is very current and has many additional instructors' resources including a CD-ROM with Instructor's Manual, Computerized Testbank and Powerpoint presentations for each chapter. In addition, the text also is accompanied with 65 color transparencies which aid in the educational process. While lecturing is a significant part of the course I believe these other teaching models work to enhance the learning environment of the college student.

Outline of the major course content:

Critical issues such as drug and alcohol use and abuse, sexually transmitted disease, AIDS, contraception, sexual abuse, child abuse, physical abuse, fitness, cardiovascular disease, cancer, eating disorders, and tobacco use.

Additional special information (special fees, directives on hazardous materials, etc.)
None

Transfer Information: (Please list colleges/majors that accept this course in transfer.)

Bemidji State - General Elective	St. Cloud State - HLTH 125	Winona State - Elective
Metropolitan State - General Elective	UM-Crookston - HLTH Elective	Alternate US BS HHP
MSU Moorhead - HLTH 110	UM-Duluth - HLTH 3101	
MSU Mankato - HLTH 101	U of Minnesota - Transfers no direct equivalent	
SMSU - HLTH 100	Limited for Liberal Arts	

Approvals:

Body	Representative Signatures	Date
Curriculum Committee		
Faculty Association		
Academic Affairs Standards Committee		
Chief Academic Officer		

Distribution: Original – Administrative Office
Copies: Curriculum Committee Chair, Learning Center, Library, Originating Faculty Member, Records, Student Services, Scheduler, Transfer Specialist
Revised February 10, 2004