CATALOG DESCRIPTION

**Personal Health (3) (A.A.)** This course includes a study of personal health problems with emphasis upon prevention and measures of immediate concern to adults. (Fall, Spring)

**PERFORMANCE STANDARDS**

The student, at the successful completion of this course, should be able to:

1. Explain the five dimensions of health, the impact of lifestyles on health, and the importance of health goals.

2. Explain stress, its physiological and psychological effects, and the impact of stress on the individual and the most common stress management techniques.

3. Explain the physiology and psychology of emotions, characteristics of emotionally healthy people, defense mechanisms, common emotional disorders and suicide.

4. Explain intellect and learning, memory and cognition; including discussion of the various learning theories and problem solving process.

5. Describe nutrition, the components of food, and the principles, strategies, and food choices involved in achieving a health diet.


7. Discuss the characteristics and importance of intimate relationships, problems that may develop in intimate relationships and the components necessary to developing and sustaining intimate relationships.

8. Discuss issues of human sexuality and responsible sexual expression.

9. Describe the role and responsibilities of parenthood in the healthy growth and development of the child.

10. Explain the reproductive process, contraception, pregnancy, and childbirth.

11. Analyze the nature and patterns of disease, how diseases are contracted, the various agents of infection, the ways in which the body fights disease, and how to enhance resistance to infectious, communicable disease.

12. Explain AIDS and other sexually transmitted diseases, and responsible sexual behavior that prevents the spread of sexually transmitted diseases.

13. Explain the cardiovascular diseases, the development of the diseases over time, and the risk factors associated with these diseases.
14. Identify and discuss methods of treatment of cardiovascular diseases and lifestyle behaviors that lower the risk of cardiovascular diseases and lifestyle behaviors that lower the risk of cardiovascular disease.

15. Describe cancer, its various types, metastasis, the importance of early detection, treatment of cancer, and lifestyle behaviors that decrease the risk of cancer.

16. Describe the various aspects of drug use, the agent-host-environment model in relationship to drug use, risks of drug use and positive alternatives to drug use.

17. Explain the significance of alcohol use in this country, the factors that influence alcohol use, the health and behavior consequences of alcohol use and the responsible use of alcohol.

18. Discuss the significance of tobacco use, the health consequences of tobacco use, and the programs available to help people stop smoking.

19. Explain the reasons injuries happen, types of injuries most frequent in various situations, principles of injury prevention and basic principle of emergency care.

20. Compare normal aging with pathological aging, discuss Erickson’s stages of growth and development, theories of aging, illnesses and injuries most common in the elderly and ways that individuals maintain their health as they age.

21. Discuss differing views of death, the stages of acceptance of death and the grieving process.

22. Explain the importance being health-activated, the importance of physical exams and other health measurements, and the value and some components of the home medicine chest.

23. Describe current trends in health care providers and delivery systems, compare and contrast various types of health insurance and discuss ways the individual can help control health care costs.

24. Discuss the extent to which pollution affects the world, the cyclical nature of the impact of the environment on the individual, and the individual on the environment, various environmental health problems and important individual and cooperative actions necessary to help solve these.

25. Apply the concept of health in the five dimensions, physical, emotional, intellectual, social and spiritual to their own lives and describe aspects of their own lifestyle that support their health and well being in the five dimensions.

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