



South Central College

HHP 100 Introduction to Health

Common Course Outline

Course Information

Description	This course introduces students to basic health information and the essential concepts of health which are necessary to improve health literacy. Students will work to develop the essential skills needed to adopt, practice and maintain health enhancing behaviors. Topics may include general health topics such as :drug use and misuse, nutrition and fitness basics, disease prevention, stress management, reproductive and sexual health, complementary and alternative medicine, and consumerism. (Prerequisite: Must have a score of 78 or higher on the Reading portion of the Accuplacer test or completion of READ0090 with a grade of C or higher)
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Total Credits 3

Total Hours 48

Types of Instruction

Instruction Type	Credits/Hours
Lecture	

Pre/Corequisites

READ 90 or a score of 77.5 on Accuplacer Reading Comprehension.

Course Outcomes

1. **Demonstrate an understanding of general health information that is needed to achieve a healthy lifestyle.**

Learning Objectives

Identify leading health problems in the United States.
Identify the dimensions of wellness.
Describe the characteristics of a person who has health and wellness.
Recognize risk factors that compromise wellness.

2. **Demonstrate an understanding of the core concepts related to health maintenance and disease prevention.**

Learning Objectives

Analyze how behavior can impact health maintenance and disease prevention.

Explain the impact of health behaviors.
Describe how to reduce risk factors of potential health problems.
Compare and contrast the benefits and barriers to practicing healthy behaviors.

3. Demonstrate an ability to analyze the influences of culture, media and technology on health behaviors.

Learning Objectives

Analyze how family, peers and society influence health behaviors.
Analyze how the culture supports and challenges health behaviors.
Evaluate the effect of media on health behaviors.
Evaluate the impact of technology on health behaviors.

4. Demonstrate the ability to access valid health information, products and services.

Learning Objectives

Locate valid and reliable health information, products and services.
Access valid and reliable health information, products and services.
Evaluate factors that influence personal selection of health information, products and services.

5. Demonstrate the ability to effectively communicate health information.

Learning Objectives

Practice skills for communicating health information to others.
Demonstrate how to ask for health information, products and services.
Communicate information about healthy lifestyles.

6. Demonstrate the ability to use the decision making-model to enhance health and/or reduce risk factors.

Learning Objectives

Examine barriers that can hinder health decisions.
Generate alternatives to health related issues or problems.
Predict the potential short and long term impact of alternatives to health related issues or problems.
Defend the healthy choice when making decisions.

7. Demonstrate the ability to develop a behavior change plan to enhance health and/or reduce risk factors.

Learning Objectives

Develop a plan to attain a personal health goal that addresses strengths, needs and risks.
Implement strategies and monitor progress in achieving a personal health goal.
Formulate an effective long term health plan.

8. Demonstrate the ability to suggest strategies to enhance health and/or reduce risk factors.

Learning Objectives

Assess personal health behaviors that affect overall health status.
Explain the importance of assuming responsibility for personal health behaviors.
Identify strategies to enhance health and/or reduce risk factors.
Suggest personal health practices and behaviors that will enhance personal health or reduce risk factors.

9. Demonstrate the ability to advocate for personal, family and/or community health.

Learning Objectives

State a health enhancing position on a topic and support it with valid, reliable information.
Work cooperatively to advocate for personal, family or community health.
Create materials to educate others about healthy lifestyle topics.

SCC Accessibility Statement

Disability Services provides accommodations and other supports to students with permanent and temporary disabilities that affect their SCC experience. Disabilities may include mental health (anxiety, depression, PTSD), ADHD, learning disabilities, chronic health conditions (migraine, fibromyalgia), sensory disabilities, and temporary disabilities (broken arm, surgery). Common accommodations are extended test time, private room for testing, audiobooks, and sign language interpreter.

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