



South Central College

HHP 101 Health and the Environment

Course Outcome Summary

Course Information

Description This course will examine the impact of complex environmental challenges on human health. This course focuses on the ecological model of health and wellness, a framework that addresses the interrelationships between individuals and their environment, and how these relationships influence the choices that affect health. The course will address the impact of the environment on human risk for common health concerns, to include cancer, heart disease, mental health, infectious disease, and nutrition/fitness. (MNTC 10: People and the Environment) Prerequisite: Accuplacer Reading Comprehension Score of 78 or above or completion of READ0090

Total Credits 3

Total Hours 48

Types of Instruction

Instruction Type

Credits/Hours

Lecture

Pre/Corequisites

Accuplacer Reading Comprehension Score of 78 or above or completion of READ0090

Institutional Core Competencies

Critical and Creative Thinking - Students will be able to demonstrate purposeful thinking with the goal of using a creative process for developing and building upon ideas and/or the goal of using a critical process for the analyzing and evaluating of ideas.

Course Competencies

1. Explore the concept of an ecological model of health.

Learning Objectives

Explain what is meant by "ecological model of health".

Differentiate between the individual characteristics and the external environmental factors that influence health.

2. Analyze the influence of individual characteristics on health.

Learning Objectives

List the four major individual characteristics that influence health.
Describe individual characteristics that may protect against environmental risk factors.
Describe individual characteristics that may not protect against environmental risk factors.

3. Explore the external environmental factors, know as the social determinants of health.

Learning Objectives

Discuss the various social determinants of health.
Explain how societies can influence health by shaping the external environmental factors to increase or decrease opportunities for healthy behavior.

4. Identify the impact of the "built" physical environment on health.

Learning Objectives

Examine how the "built" environment (housing, sanitation, transportation, etc) impacts health.
Identify current solutions to reduce health concerns related to the "built" physical environment.
Identify examples in the community where health is influenced by the "built" physical environment.

5. Identify the impact of the "natural" physical environment on health.

Learning Objectives

Examine how the "natural" environment (air/water quality, environmental hazards, access to trees/parks, etc) impacts health.
Identify current solutions to reduce health concerns related to the "natural" environment.
Identify examples in the community where health is influenced

6. Articulate the relationship between living conditions and health.

Learning Objectives

Identify the health outcomes associated with poor living conditions.
Identify current solutions to reduce health concerns related to poor living conditions.
Identify examples in the community where health is influenced by living conditions.

7. Evaluate environmental health issues in light of the understandings about the social, economic and physical influences on health.

Learning Objectives

Examine social, economic and physical issues that affect health.
Communicate the impact of social, economic and physical factors on environmental health.

8. Examine the inter-relatedness between environmental concerns, environmental toxins and disease.

Learning Objectives

List leading health issues.
Identify the risk factors for the leading health issues.
Communicate the link between the risk factors for leading health issues and known environmental concerns and toxins.

9. Suggest an alternative solution to an environmental health issue that would reduce the negative health impact.

Learning Objectives

Critically examine possible solutions to an environmental problem that would reduce health risks.
Articulate and defend actions that may be taken to reduce health concerns related to environmental issues.

SCC Accessibility Statement

South Central College strives to make all learning experiences as accessible as possible. If you have a disability and need accommodations for access to this class, contact the Academic Support Center to request and discuss accommodations. North Mankato: Room B-132, (507) 389-7222; Faribault: Room A-116, (507) 332-7222.

Additional information and forms can be found at: www.southcentral.edu/disability

This material can be made available in alternative formats by contacting the Academic Support Center at 507-389-7222.