

**DEPARTMENT OF HEALTH AND KINESIOLOGY  
MISSISSIPPI UNIVERSITY FOR WOMEN**

**HKH 101 PERSONAL AND COMMUNITY HEALTH**

**3 credit hours**

TEXTBOOK: Core Concepts In Health, 2002, Insel, Roth, Mc-Graw-Hill Publishing Company.

**CATALOG DESCRIPTION:**

The study of the basic health concepts relating to mental health, alcohol and drug abuse, nutrition, diet and weight control, sex education, quackery, environmental health, and disease control.

**PURPOSE OF THE COURSE:**

The purpose of this course is to study the various factors which influence the health of the individual with particular emphasis on the prevention of health problems. The students will use this knowledge to make informed decisions about their health and the health of their family. Individuals need to understand the influence of their decisions and life styles on their health now and in the future.

**Outline of Course Content**

The major areas to be covered are: physical fitness, diet and weight control, nutrition, sex education, mental health, stress, sexually transmitted diseases, aging, death and dying, cardiovascular health, cancer and infectious disease.

**Student Learning Outcomes (Objectives):**

Upon completion of this course, the student should be able to:

- Identify one's health responsibility and that of one's family.
- Identify a poor health habit and participate actively in change.
- Understand the history and time-line of health and healthcare in the U.S.
- List stress management techniques.
- Describe a mentally healthy person.
- List symptoms of depression.
- Understand normality in life.
- Recognize cues of someone contemplating suicide.
- Identify physical responses to stressors.
- List the categories of Maslow's Hierarchy of Needs.
- Identify what makes healthy relationships.
- Analyze contraceptives and the side effects.
- Argue issues associated with abortion.
- List the stages of labor and childbirth.
- List psychoactive drugs and understand the use and abuse of these.

List the effects of abuse of alcohol and tobacco.  
Devise a diet plan and understand the nutritional basis.  
Identify weight control traps and problems.  
Maintain and understand the benefits of exercise.  
Describe the risk factors for cancer and heart disease.  
List various infectious diseases, causes and cures.  
Identify processes of aging.  
Understand personal considerations in preparation for death.  
Explain how to choose and evaluate a primary care physician.

### Assessment Activities

Students are expected to:

1. Attend and actively participate in all class sessions. (You may have one excused absence, anything after that will be a drop of a letter grade). Any classwork missed is your responsibility.
2. Take 5 tests counting 100 points each. A notebook grade will be averaged for a 5th grade.
3. The grading scale will be:
  - A—90-100
  - B---80-89
  - C---70-79
  - D---60-69
  - F---below 60

TEST DATES WILL BE ANNOUNCED – A drop grade may be taken at the end of the semester if you have not missed a test. However, you must take the final. No make-up tests will be administered. If you miss a test, it will become your drop grade. If you miss two or more tests and have already taken your drop grade you will receive a zero for any of the other tests not taken .

All students are expected to attend all classes. After three absences, the student grade will automatically drop a letter grade. Do not miss class unless it is absolutely necessary.

### Special Accommodations

It is the responsibility of the student who has professionally diagnosed disabilities to notify the instructor so that necessary and appropriate accommodations can be arranged.