**BARTON COMMUNITY COLLEGE**

**COURSE SYLLABUS**

# **GENERAL COURSE INFORMATION**

Course Number: HLTH 1248

Course Title: Personal and Community Health

Credit Hours: 3

Prerequisites: None

Division/Discipline: Academics/Health, Physical Education, and Recreation

Course Description: The purpose of this course is to provide a personal appreciation, understanding, and awareness for good health and well-being by analyzing the causes and effects of major health problems in our society today.

# **INSTRUCTOR INFORMATION**

# **COLLEGE POLICIES**

## Students and faculty of Barton Community College constitute a special community engaged in the process of education. The College assumes that its students and faculty will demonstrate a code of personal honor that is based upon courtesy, integrity, common sense, and respect for others both within and outside the classroom.

## Plagiarism on any academic endeavors at Barton Community College will not be tolerated. The student is responsible for learning the rules of, and avoiding instances of, intentional or unintentional plagiarism. Information about academic integrity is located in the Student Handbook.

## The College reserves the right to suspend a student for conduct that is determined to be detrimental to the College educational endeavors as outlined in the College Catalog, Student Handbook, and College Policy & Procedure Manual. (Most up-to-date documents are available on the College webpage.)

## Any student seeking an accommodation under the provisions of the Americans with Disability Act (ADA) is to notify Student Support Services via email at disabilityservices@bartonccc.edu.

# **COURSE AS VIEWED IN THE TOTAL CURRICULUM**

The purpose of this course is to provide a personal appreciation, understanding, and awareness for good health and well-being by analyzing the causes and effects of major health problems in our society today.

This course will fulfill Health, Physical Education, and Recreation requirement or elective credit for BCC graduation. This course transfers for credit to all Kansas Regent Universities, and may be used to help fulfill a general education requirement at many. However, general education requirements vary among institutions, and perhaps even among departments, colleges, or programs within an institution. Institutional requirements may also change without prior notification. Students are responsible to obtain relevant information from intended transfer institutions to insure that the courses the student enrolls in are the most appropriate set of courses for the transfer program.

# **ASSESSMENT OF STUDENT LEARNING**

Barton Community College is committed to the assessment of student learning and to quality education. Assessment activities provide a means to develop an understanding of how students learn, what they know, and what they can do with their knowledge. Results from these various activities guide Barton, as a learning college, in finding ways to improve student learning.

Upon completion of this course students should:

1. Verbalize what good health is.
	1. Identify, describe, and define the major health problems of today.
2. Understand and relate to the major health problems in society today and how they affect our individual health.
	1. Identify and describe the relationship between the major health problems of today and if they are moving towards optimal life-long health and well-being.
3. Be able to understand how to deal with different health problems.
	1. Addressing individual health problems.
		1. Physical, mental, psychological
	2. Relating to health problems that affect society and actions that can be taken to help.
		1. Obesity, alcohol and drug abuse
4. Understand how to prevent health concerns.
	1. Primary prevention, addressing before the problem occurs.
	2. Secondary prevention, addressing after there appears to be a problem
	3. Tertiary prevention, requiring specialized help to address the problem.

# **INSTRUCTOR'S EXPECTATIONS OF STUDENTS IN CLASS**

# **TEXTBOOKS AND OTHER REQUIRED MATERIALS**

# **REFERENCES**

# **METHODS OF INSTRUCTION AND EVALUATION**

# **ATTENDANCE REQUIREMENTS**

# **COURSE OUTLINE**