

## Master Syllabus

### ENS 1214 - Personal & Community Health Behavior

**Division:** Health Sciences

**Department:** Exercise Science

**Credit Hour Total:** 3.0

**Lecture Hrs:** 3.0

**Prerequisite(s):** DEV 0035AND MAT 0100

**Date Revised:** April 2017

---

#### Course Description:

This course enables the student to build a philosophy of health and health behaviors. Basic health principles and theories are applied to both personal and community health issues, including an emphasis on behavioral change and health and wellness education interventions.

#### General Education Outcomes:

- Critical Thinking/Problem Solving
- Information Literacy

#### Course Outcomes:

##### Analyze Research

Analyze research related to personal and community health behavior.

**Assessment Method:** Locally developed exams

**Performance Criteria:** Correctly answer 70% of exam questions.

##### Implement Health Education

Develop a plan on how to implement health education strategies, interventions and programs.

**Assessment Method:** Locally developed exams

**Performance Criteria:** Correctly answer 70% of exam questions.

##### Identify Tools

Identify the tools needed to assess individuals and community needs for health education.

**Assessment Method:** Locally developed exams

**Performance Criteria:** Correctly answer 70% of exam questions.

#### Outline:

Stages of change  
Defining health  
Illness and health promotion  
Trends in healthcare  
Human behavior as it relates to health  
Lifestyle  
Environmental  
Biological influences  
Health facts and services  
Interventions  
Local and state health organizations  
Professional organizations and certifications