

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: September 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 Competency
- ▣ Information Literacy Competency

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