

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 0035

Date Revised: October 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:

- ▣ Information Literacy Competency
- ▣ Critical Thinking/Problem Solving Competency

Course Outcomes:

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.

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.

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