HPE 150 Personal Health

Course Outcome Summary

Standard Course

HPE 150 Personal Health

Course Information

Division: Health Sciences
Contact Hours: 2
Theory: 30
Total Credits: 2

Prerequisites: RDG 090 and ENGL 090 or qualifying scores on ACT or COMPASS tests

Course Description

This is a basic course designed to provide college students with fundamental concepts and practices relating to healthful living. Personal, local, state and national health problems are studied in an effort to provide the student with a broad knowledge and understanding of vital health issues as they impact on the physical, mental, emotional, spiritual and social well-being of the individual. Areas of health which are studied include: chemical dependency; cancer; heart disease and its related factors, such as exercise, nutrition, weight management and hypertension; marriage and family relationships. The critical thinking skill in this course will coincide with the student's ability to think critically in order to solve problems related to the health, wellness and safety of individuals and society as a whole.

Course Outcomes

In order to evidence success in this course, students will be able to:

1. Identify/Recognize:
   a. An understanding of the crucial health issues of our society (local, state, national, world)
   b. Specific physiological functions of the body related to health issues
   c. Specific personal health risk behaviors
   d. Terms and definitions related to specific health issues

2. Demonstrate/Practice:
   a. Behavioral assessment of specific health related practices
   b. Specific changes of health behavior that will lead to a healthier life style

3. Develop a positive attitude toward improving one's own health and life style.

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