HLTH1111 - Personal and Community Health

Credits:	3 (3/0/0)
Description:	This course studies the dimensions of wellness and how each dimension is affected by personal health choices. It also studies how the personal choices of society affect the community. This course is designed to help the student maintain good physical, mental and social well-being. Some of the topics covered include anatomy and physiology, emotional and mental health, drug use and abuse, and nutrition and fitness. We will examine the importance of communities in providing access to personal health choices and health care, and how as a society we restrict personal health choices socioeconomically, racially and by gender.
Prerequisites:	
Corequisites:	
Pre/Corequisites*:	
Competencies:	1. Analyze the logical connections between the facts, goals and assumptions relevant to a health issue and evaluate claims which may be said to follow them (i.e. health quackery). 2. Understand the basic structure and function of body systems and their relationship to wellness. 3. Describe the basic institutional arrangements that function in the total health of a community (local, state and federal agencies). 4. Gather factual information on a given health problem. 5. Apply factual information on a given health problem in a concise manner. 6. Identify the assumptions that are the basis for their own and other's thoughts and actions regarding health. 7. Evaluate the assumptions that are the basis for their own and other's thoughts and actions regarding health. 8. Recognize the complex set of values which influence decisions, observations, analyses and evaluations made by ourselves and others. 9. Articulate the complex set of values which influence decisions, observations, analyses and evaluations made by ourselves and others.
MnTC goal areas:	None

Can be taking as a Prerequisite or Corequisite.

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