

**J. Sargeant Reynolds Community College
Course Content Summary**

Course Prefix and Number: HLT 110

Credits: 3

Course Title: Concepts of Personal and Community Health

Course Description: (as it should appear in the catalog)

Studies the concepts related to the maintenance of health, safety, and the prevention of illness at the personal and community level. Total 3 hours per week.

General Course Purpose:

This course will provide an introduction to community health as well as an understanding of the concepts related to health, safety, and prevention at the personal and community level. It explores the relationship of primary, secondary, and tertiary prevention to individuals, communities, and organizations. The course will discuss health status, the health delivery system, and health behavior change models and theories. Students may use this course to satisfy the wellness general education elective.

Course Objectives:

Upon completion of this course, participants will be able to

- a. Define concepts and terms associated with health and wellness.
- b. Identify health problems that affect the individuals as well as the community.
- c. Develop an understanding of health disparities within various cultural and ethnic population groups.
- d. Analyze health from an interdisciplinary perspective.
- e. Evaluate behavior and health change theories and models.
- f. Discuss the meaning of good health as well as the difference between quality of life and health.
- g. Identify and discuss the health care delivery system in the United States.
- h. Apply the three types of prevention (primary, secondary and tertiary) and strategies associated with each.

Major Topics to be Included:

- a. Concepts of health and wellness
- b. Community and public health
- c. Personal health
- d. Health status in the United States
- e. Health care delivery systems
- f. Primary, secondary and tertiary prevention
- g. Behavior change theories and models

Effective Date of Course Content Summary (Month, Date Year): January 1, 2012