NOVA COLLEGE-WIDE COURSE CONTENT SUMMARY
HLT 110 – CONCEPTS OF PERSONAL AND COMMUNITY HEALTH (3 CR.)

Course Description

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

General Course Purpose

To provide students with current views on wellness and prevention of illness, and to recognize and evaluate health resources provided by the community.

Course Prerequisites/Corequisites

All students must have a basic ability to read, write and speak English. There are no other prerequisites for this course.

Course Objectives

Upon completing the course, the student will be able to:

a) Explain the implications of the holistic approach to wellness (4.4, 5.2)

b) Analyze lifestyle behaviors related to wellness, identify areas for improvement, and design behavior change plan (2.6, 4.1, 4.4, 4.6, 5.1, 5.2, 7.4)

c) Recognize current major health issues facing the nation and community (1.4, 4.2, 6.3)

d) Identify health resources provided by the community (1.2, 4.2, 4.3, 4.6)

e) Critically analyze controversial health-related issues (2.1, 2.3, 2.4, 2.5, 7.1, 7.4)

Major Topics to be Included

a) Wellness
b) Current major health issues
c) Healthy and unhealthy lifestyle behaviors
d) Healthy living throughout the lifespan
e) Fitness
f) Nutrition
g) Mental health and stress
h) Community health resources