HPE 153 Mental Health

Course Outcome Summary

Standard Course

HPE 153 Mental Health

Course Information

Division: Health Sciences
Contact Hours: 3
Theory: 45
Total Credits: 3

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

Course Description

The purpose of this class is to develop a concept of mental health and to increase awareness of mental health issues. Students will examine the principles of mental health, including risk factors associated with mental illness and factors which lend toward positive mental health. Various mental illnesses and treatment strategies will also be explored. The education and roles of mental health professionals will be reviewed, as well as mental health facility options. Societal issues concerning mental health status will also be discussed.

Course Outcomes

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

1. Identify/Recognize:
   a. the concept of mental health
   b. factors associated with mental health and mental illness
   c. societal issues influencing recognition and treatment of the mentally ill
   d. the definition, etiology, scope and treatment methods for selected mental illnesses and mental emotional disorders
   e. community mental health concepts, disorders and trends
   f. funding sources and political issues related to these for resource allocation
   g. the major theories of personality development
   h. the personal mental health status of the student and be able to make changes as necessary
   i. common situational challenges to mental health including methods which assist in coping with these

2. Demonstrate/Practice:
   a. Speaking in an advocate’s role about a mental health issue
   b. Behaviors which promote positive mental health

3. Believe/Think/Feel the importance of the numerous ethical, legal, and moral issues concerning mental health status in the United States and gain an appreciation for them.

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By: RRiffle/KSL