



MONROE COUNTY
COMMUNITY COLLEGE

Course Outcome Summary

Standard Course

HPE 150 Personal Health

Course Information

Division	Health Sciences
Contact Hours	3
Theory	45
Total Credits	3

Prerequisites RDG 090 and ENGL 090 or qualifying scores on accepted placement tests

Course Description

This is a course designed to provide college students with the core concepts and practices related to all the common areas of personal health and wellness as well as examining their own health attitudes, beliefs and practices. Personal, local, state and national health problems are examined 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 skills 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 the major areas of components that contribute to overall personal health and determine healthy responses and activities to maintain a balance of overall health across the lifespan.
2. Identify and organize the areas of intimacy and communication as they relate to various relationships.
3. Examine substance abuse and misuse behaviors and identify how to maintain personal safety with regard to health.
4. Recognize and prioritize strategies of health promotion activities and the incorporation of complementary medicine for health disparities.

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