Course Outline for: HLTH 1104 Personal and Community Health

A. Course Description:

1. Number of credits: 3
2. Lecture hours per week: 3
3. Prerequisites: None
4. Corequisites: None
5. MnTC Goals: None

Students examine current health issues that affect individuals and communities and learn the importance of informed personal health decision-making. Students explore key topics such as disease prevention, stress management, nutrition, physical fitness, mental health, sexuality, and aging. Through analysis, discussion, and applied activities, students develop critical thinking skills to create a holistic plan that supports optimal personal and community health.

B. Date last reviewed/updated: October 2026

C. Outline of Major Content Areas:

1. Contemporary Concepts of Health and Wellness
2. Dimensions of Health
3. Healthy Relationships
4. Sexual Health
5. Chronic Disease Risk
6. Substance Use and Abuse
7. Personal Safety and Injury Prevention

D. Course Learning Outcomes:

Upon successful completion of the course, the student will be able to:

1. Create a personal health philosophy which takes into consideration the multiple dimensions of health and wellness.
2. Reflect on the ethical issues associated with health for individuals and community.
3. Identify the influences of personal and community growth and development on health.
4. Analyze alternative health modalities that are used to promote health and wellness.
5. Utilize resources that are used to promote individual, community, and public health.
6. Implement principles of prevention when making personal lifestyle choices to minimize risk factors known to lead to injuries or communicable/chronic illnesses.

E. Methods for Assessing Student Learning:

Methods for assessment may include, but are not limited to, the following:

1. Quizzes and exams

2. Participation in class activities
3. Assignments

F. Special Information:

None