

Adopted: 1970
Reviewed: 1985, 2007, 2011, 2013
Revised: 1990, 1998, 2001, 2004, 2008, 2011, 2013



Alabama

Department of

Postsecondary Education

Representing Alabama's Public Two-Year College System

Jefferson State Community College

HED 222

Community Health

I. HED 222 Community Health 3 Credit Hours

II. Course Description

This course introduces principles and practices of community health; it includes drug/alcohol use and abuse, communicable disease, cardiovascular disease, cancer, consumer health, health organizations and environmental concerns.

III. Prerequisite

None Required

IV. Textbook

Determined by the Instructor

V. Course Objectives

The student will:

- A. The student will identify and define terms used in community health.
- B. The student will recognize harmful lifestyles relating to substance use and abuse.
- C. The student will develop an understanding of the major concerns and responsibilities of a health care consumer.
- D. The student will recognize major non-infectious health problems and identify methods of prevention and treatment.
- E. The student will identify personal safety risks and prevention.
- F. The student will identify infectious diseases, means of transmission, prevention and treatment.
- G. The student will develop an understanding of environmental health hazards.

- H. The student will identify major health organizations and services provided.

VI. Course Outline of Topics

- A. Lowering Your Risk of Sexually Transmitted Infections
- B. Avoiding Addictions
- C. Alcohol
- D. Tobacco
- E. Preventing Major Disease
- F. Infectious Illnesses
- G. Traditional and Nontraditional Health Care
- H. Personal Safety
- I. A Healthier Environment
- J. A Lifetime of Health

VII. GENERAL COURSE COMPETENCIES:

- A. The student will identify and define terms used in community health.
- B. The student will recognize harmful lifestyles relating to substance use and abuse.
- C. The student will develop an understanding of the major concerns and responsibilities of a health care consumer.
- D. The student will recognize major non-infectious health problems and identify methods of prevention and treatment.
- E. The student will identify personal safety risks and prevention.
- F. The student will identify infectious diseases, means of transmission, prevention and treatment.
- G. The student will develop an understanding of environmental health hazards.
- H. The student will identify major health organizations and services provided.

VIII. COURSE OBJECTIVES STATED IN PERFORMANCE TERMS:

The student will respond in writing to the following objectives unless other specific directions are stated.

- A. The student will identify and define terms used in community health.

The student will use terms found in the glossary, summaries and margins of the text.

- B. The student will recognize harmful lifestyles relating to substance use and abuse.

1. The student will identify harmful effects of smoking.
 2. The student will compare rights of smokers and non-smokers.
 3. The student will identify methods for quitting smoking.
 4. The student will examine the controversy concerning tobacco.
 5. The student will list reasons people smoke.
 6. The student will list reasons people drink alcoholic beverages.
 7. The student will identify physiological and psychological effects of alcohol on the body.
 8. The student will examine problems associated with alcohol.
 9. The student will identify resource organizations that help rehabilitate alcoholics.
 10. The student will identify psychoactive drugs and their effect on the body.
 11. The student will distinguish between over-the-counter drugs and prescription drugs.
 12. The student will examine the impact drugs have on crime, medicine and society.
- C. The student will develop an understanding of concerns and responsibilities as a health care consumer.
1. The student will list and/or discuss methods for selecting a physician.
 2. The student will list and/or discuss patient-doctor relationships.
 3. The student will explain the educational training of health care practitioners and nurses.
 4. The student will define quality health care.
 5. The student will list and/or discuss advantages and disadvantages of outpatient surgery and second opinions.
 6. The student will compare alternatives to standard medical treatment.
 7. The student will identify characteristics of quackery and fraud.
- D. The student will recognize major non-infectious health problems and identify methods of prevention and treatment.

Cardiovascular Disease

1. The student will evaluate the current status of heart disease in the United States.
2. The student will identify and describe basic components and functions of the circulatory system.
3. The student will list and/or discuss risk factors that predispose an individual to heart disease or stroke.
4. The student will describe various treatments for heart disease including diagnostic tests, drugs, surgery, balloon angioplasty, lasers and transplants.

Cancer

1. The student will identify various carcinogenic factors.
2. The student will investigate the importance of early diagnosis of cancer using the seven warning signals as recognized by the American Cancer Society.
3. The student will describe the techniques of self-breast and testicular examinations as recommended by the National Cancer Institute.
4. The student will examine various forms of cancer.

Other Major Diseases

1. The student will examine various diseases.
- E. The student will identify personal safety risks and prevention.
1. The student will examine the most common causes of accidental injury and death.
 2. The student will identify methods of preventing accidents.
 3. The student will identify the impact of violence in American society.
- F. The student will identify infectious diseases, means of transmission, prevention and treatment.
1. The student will identify ways the human body fights disease.
 2. The student will examine and identify common infectious diseases.
 3. The student will examine immunizations.
 4. The student will identify drugs used to conquer and/or control some infectious diseases.
 5. The student will examine various sexually transmitted diseases.
- G. The student will develop an understanding of environmental health hazards.

1. The student will identify the seriousness of overpopulation as a health problem.
 2. The student will identify and define various types of environmental pollution.
 3. The student will examine the dangers of radioactivity.
 4. The student will identify steps individuals can take to reduce exposure to environmental pollutants.
- H. The student will develop an understanding of major health organizations.
1. The student will examine services provided by the major health organizations.

IX. Evaluation and Assessment

Grades are based on:

A. Periodic exams

B. Final exams

C. Lab Reports

Grades will be given based upon A = 90 – 100%, B = 80 – 89%, C = 70 – 79%, D = 60 – 69%, and F = below 60%.

X. Class Activities

- A. Lectures
- B. Class discussions
- C. Outside readings
- D. Audio/visual aids
- E. Resource Personnel

XI. Attendance

Students are expected to attend all classes for which they are registered. Students who are unable to attend class regularly, regardless of the reason or circumstance, should withdraw from that class before poor attendance interferes with the student's ability to achieve the objectives required in the course. Withdrawal from class can affect eligibility for federal financial aid.

XII. Statement on Discrimination/Harassment

The College and the Alabama State Board of Education are committed to providing both

employment and educational environments free of harassment or discrimination related to an individual's race, color, gender, religion, national origin, age, or disability. Such harassment is a violation of State Board of Education policy. Any practice or behavior that constitutes harassment or discrimination will not be tolerated.

XIII. Americans with Disabilities

The Rehabilitation Act of 1973 (Section 504) and the Americans with Disabilities Act of 1990 state that qualified students with disabilities who meet the essential functions and academic requirements are entitled to reasonable accommodations. It is the student's responsibility to provide appropriate disability documentation to the College. The ADA Accommodations office is located in FSC 300 (205-856-7731).