

Course Syllabus

- I. Course Number and Name: HHP 181 Elements of Health
- II. Academic Credit: 3 credit hours
- III. Course Description
This course is designed to expose prospective health education and promotion professionals to the basic content areas of comprehensive health education as well as the fundamental concepts, models, theories, and strategies pertaining to health education and promotion.
- IV. Course and Objectives
The purpose of this course is to provide the prospective health educator and promoter with an introductory knowledge base of the health education and promotion discipline. To facilitate such knowledge, this course will:
 - A. Provide a historical overview of health education and health promotion. (LD-D1, LD-S2, LR-K1)
 - B. Discuss the dominant philosophies and theories of health education. (LD-D1, LR-K1)
 - C. Investigate settings for health education and health promotion. (LR-K1)
 - D. Discuss the role of the health educator and promoter. (LR-S1, LR-K1, LR-D1)
 - E. Survey the content areas of comprehensive health education. (LR-K1)
 - F. Examine the issues and trends of health education and promotion. (LR-K1)

Course Objectives

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

- A. Demonstrate an understanding of the concepts of health, health education, and health promotion. (LR-K1)
- B. Identify significant historic figures, events, and movements in health education and promotion and their impact on the profession today. (LD-D1, LR-K1)
- C. Discuss government and education initiatives and standards for health education and promotion. (LR-K1)
- D. Identify various philosophies of the health education and promotion discipline and their implications for society. (LD-D1, LD-S2, LR-K1)
- E. Develop and write a personal philosophy of health education and promotion. (T-K1, T-D1, LD-S3, LD-S2, LD-D1, LR-K1, LR-S1)
- F. Discuss viewpoints concerning the role, content, goals, and relevance of health education and promotion in various settings. (LD-S2, LR-K1)
- G. Demonstrate an understanding of health behavior and behavior change theories. (LR-K1)

- H. Develop cognitive knowledge in the ten content areas of comprehensive health education: community health, consumer health, environmental health, family life, mental and emotional health, injury prevention and safety, nutrition, personal health, prevention and control of disease, and substance use and abuse. (LR-K1)
- I. Identify and utilize computerized sources of health information. (LR-K1, LD-S3)
- J. Explain how health education and promotion can contribute to understanding and acceptance of cultural, economic, and ethnic diversity. (LD-S2, LD-S2, LR-K1)
- K. Begin to display the actions and attitude of a professional in health education and promotion. (T-K1, LR-S1, T-D1, LD-S3, LD-S1, LD-S2, LD-D1, LR-K1, LR-S1, LR-D1)
- L. Develop research skills enabling him/her to successfully write a series of research papers. (T-K1, LR-S1, LD-D1)
- M. Apply research/readings to various topics in health education and promotion. (T-K1, LR-S1, LR-K1)
- N. Describe major responsibilities in the various fields of health education and promotion. (LR-K1)
- O. Discuss issues, trends, and the future in health promotion and education. (LR-K1)
- P. Apply critical thinking to their own experiences, in observation, research, and classroom work. (LR-S1, LD-S2, LR-K1)

V. Course Content

- A. Introduction and Overview
 - a. The meaning of health and wellness
 - b. Definition and role of health education and health promotion
- B. Historical Perspectives of Health Education and Promotion
 - a. Biblical times
 - b. Pre-Modern Era
 - c. Modern Era
 - d. Professional Development
- C. Initiatives and Standards for Health Education and Promotion
 - a. Health People 2020
 - b. National Health Standards
- D. Theoretical Foundations
 - a. Human development
 - b. Learning theories
 - c. Behavior theories
 - d. Behavior change theories
- E. Health Education/Promotion Programs
- F. Survey of Comprehensive Health Content Areas
 - a. Emotional health
 - b. Personal health and nutrition
 - c. Substance use and abuse

- d. Prevention and control of disease
 - e. Family living
 - f. Consumer health
 - g. Community health
 - h. Environmental health
 - i. Safety
- G. Ethics in Health Education and Promotion
- H. Current and Future Issues/Trends in Health Education and Promotion
- VI. Methodology (T-K1, LR-S1, T-D1, LD-S1, LD-S2, LD-S3, LD-D1, LR-K1, LR-D1)
 - A. Lecture
 - B. Group Discussion
 - C. Videos
 - D. Collaborative Student Reports
 - E. Observations/Interview of Professionals
 - F. Research Papers
 - G. Tests
 - H. Guest Speakers
- VII. Student Roles
 - A. Write three (3) mini-papers (2-3 pages in length) on a historical figure or event, modern figure or event, and current issue. (T-K1, LD-S3, LR-K1, LR-S1)
 - B. Complete one observation/interview of a professional working in the area of career choice. (LR-S1)
 - C. Write a personal philosophy of health education/promotion. (LR-S1, T-D1)
 - D. Develop and articulate current professional goals and plans for achieving those goals. (LD-S3, LR-S1)
 - E. Develop and maintain a professional portfolio. (T-K1, LR-S1, LD-S1, LD-S3, LR-D1,
 - F. Additional class assignments and personal assessments. (LD-S3, LR-S1, LR-K1)
 - G. Tests. (LR-K1)
- VIII. Evaluation
 - A. Mini-papers
 - B. Tests
 - C. Portfolio
 - D. Presentation
 - E. Various Assignments/Assessments
- IX. Bibliography

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