

University of Arkansas – Fort Smith
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General Syllabus

HEAL 10003 Health and Safety

Credit Hours: 3

Lecture Hours: 3

Prerequisite: None

Effective Catalog: 2019-2020

I. Course Information

A. Catalog Description

A study of individual and group health problems, including diet; mental health; medical care; community health services; drug, tobacco, and alcohol abuse; and reproduction, venereal disease, and other health subjects. (ACTS: HEAL 1003)

B. Additional Information

This course is designed to include individual and group health problems. By the use of lectures, outside professional speakers, and films, the students will have the opportunity to evaluate scientific materials to enable them to make proper health decisions about their individual health care.

II. Student Learning Outcomes

A. Subject Matter

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

1. Reflect on the broad range of topics in health
2. Describe major health problems—physical, social, and environmental.
3. Research scientific materials to make proper individual health decisions.

B. University Learning Outcomes

This course enhances student abilities in the following areas:

Communication Skills (Written and oral)

Students will write and convey orally information concerning individual and group health problems.

Analytical Skills**Critical Thinking Skills**

Students will apply critical thinking skills to problems arising in the field of study. Evaluation and analysis of health problems is emphasized.

Ethical Decision Making

Students will identify ethical issues and will be able to discuss these in the context of good judgment and privacy of information. Students will also develop sound professional attitudes in the field.

III. Major Course Topics

- A. Meaning of "Health"; Mental Health
- B. Choosing a Family Physician
- C. Physical Fitness; Stress
- D. Nutrition, Weight Control
- E. Digestive System
- F. Life Styles; Marriage and Family
- G. Alcohol, Tobacco, Drugs
- H. Cardiovascular Diseases; Cancer
- I. Communicable Diseases
- J. CPR; AIDS
- K. Reproductive System and Birth
- L. Accidents and Safety
- M. Environmental Health
- N. First Aid Procedures