

Course discipline/number/title: HLTH 1111: Health Education

- A. CATALOG DESCRIPTION
1. Credits: 3
 2. Hours/Week: 3
 3. Prerequisites (Course discipline/number): None
 4. Other requirements: None
 5. MnTC Goals (if any): NA
- B. COURSE DESCRIPTION: This course allows students to explore and assess how a number of major health concepts influence their lives. The class includes a study of stress, mental health, human sexuality, nutrition and fitness, drugs, disease, aging, death and dying, consumerism and health care, and ecology, violence and safety. This course is designed to help the individual student understand and cope with their environment and to be a responsible citizen.
- C. DATE LAST REVISED (Month, year): February, 2025
- D. OUTLINE OF MAJOR CONTENT AREAS:
1. The Dimensions of Wellness
 2. Management of Stress
 3. Relationships and Communication
 4. Sexuality and Contraception
 5. Substance Use and Abuse
 6. Fitness through Nutrition, Exercise, and Weight Management
 7. Cardiovascular Health and Cancers
 8. Immunity and Infection
 9. Conventional and Complementary Medicine
 10. Personal Safety and the Life Cycle
- E. LEARNING OUTCOMES (GENERAL): The student will be able to:
1. Recognize the importance of taking an active role in developing a wellness lifestyle and plan.
 2. Analyze the cause and effect of different forms of stress on the body.
 3. Explain the fundamental components of healthy relationships through the development of communication.
 4. Discuss the current use of alcohol, tobacco, and marijuana among different groups.
 5. Analyze current trends of health through nutrition, exercise, and weight management.
 6. Discuss the life cycle and challenges associated with different times during that cycle.
- F. LEARNING OUTCOMES (MNTC): NA
- G. METHODS FOR EVALUATION OF STUDENT LEARNING: Methods may include but are not limited to:
1. Objective Tests
 2. Essay Tests
 3. Group Discussions
 4. Class Participation
 5. Writing assignments
- H. RCTC CORE OUTCOME(S). This course contributes to meeting the following RCTC Core Outcome(s): Critical Thinking. Students will think systematically and explore information thoroughly before accepting or formulating a position or conclusion.
- I. SPECIAL INFORMATION (if any): None