

SYLLABUS  
PART I  
EDISON STATE COMMUNITY COLLEGE  
BIO 143S PERSONAL AND COMMUNITY HEALTH  
3 CREDIT HOURS

**COURSE DESCRIPTION**

Provides an overview of the physical, mental, emotional, social, and spiritual components of health that affect the whole human being. This course will include an introduction to the interdependency and relationships between such topics as mental/emotional health, drug use, drug misuse, drug abuse, physical fitness, nutrition, consumer health, human sexuality, death and dying, community health, environmental health, and disease.

**COURSE GOALS**

The student will:

Bloom's Level		Gen Ed Outcomes
1	1. Define the meaning of physical fitness and explain how it relates to health and wellness.	1, 6
2	2. Identify the four developmental tasks of adults.	1, 6
2	3. Identify the five dimensions of health.	1, 6
2	4. Assess the nature and management of stress.	1, 6
3	5. Integrate the roles of physical fitness, nutrition, and weight management.	1, 2, 4, 5, 6
5	6. Analyze the use, misuse, and abuse of substances that impair health.	1, 2, 4, 5, 6
4	7. Examine the focus on disease process that influences overall health.	1, 6
2	8. Identify the role of sexuality in terms of goals, relationships, reproduction, and roles in society.	1, 2, 4, 5, 6
5	9. Evaluate the role of environment and consumer health in human lives.	1, 2, 4, 5, 6
4	10. Examine the nature of aging.	1, 2, 4, 5, 6

**CORE VALUES**

The Core Values are a set of principles that guide in creating educational programs and environments at Edison State Community College. They include communication, ethics, critical thinking, human diversity, inquiry/respect for learning, and interpersonal skills/teamwork. The goal, objectives, and activities in this course will introduce/reinforce these Core Values whenever appropriate.

**TOPIC OUTLINE**

1. Finding the Right Balance
  - a. Assessing Your Health
  - b. Promoting Finding and Preserving Your Psychological Health
  - c. Managing Stress and Coping with Life's Challenges
  - d. Improving Your Sleep
2. Building Healthy Lifestyles
  - a. Eating for a Healthier You
  - b. Reaching and Maintaining a Healthy Weight
  - c. Improving Your Personal Fitness

3. Creating Healthy and Caring Relationships
  - a. Building Healthy Relationships and Communicating Effectively
  - b. Understanding Your Sexuality
  - c. Considering Your Reproductive Choices
4. Avoiding Risks from Harmful Habits
  - a. Drinking Alcohol Responsibly
  - b. Ending Tobacco Use
  - c. Avoiding Drug Abuse and Misuse
5. Preventing and Fighting Disease
  - a. Protecting Against Infectious Disease
  - b. Protecting Against Sexually Transmitted Infections
  - c. Reducing Risk of Cardiovascular Disease
  - d. Reducing Your Cancer Risk
  - e. Reducing Risks and Coping with Chronic Conditions
6. Facing Life Challenges
  - a. Making Smart Health Care Choices
  - b. Preventing Violence and Abuse
  - c. Preserving and Protecting Your Environment
  - d. Preparing for Aging, Death, and Dying.