

**LOUISIANA DELTA COMMUNITY COLLEGE
ACADEMIC AFFAIRS MASTER SYLLABUS**

DATE APPROVED OR REVISED: 1/24/07

Course Name: Personal and Community Health

Course Number: **HSCI 103**

Text: Insel & Roth . . *Core Concepts in Health With Powerweb, (10th edition*

Lecture Hours: 3

Lab Hours:

Credit Hours: 3

Course Description: This survey course covers topics related to health issues of the human body. Major topics covered will include stress, sexuality, drugs and drug abuse, fitness, disease, physical limitations, health care, and environmental health.

Pre-requisites: none

Co-requisites: none

Learning Outcomes: On completion of this course, the student will be able to:

- A. Identify and explain major concepts of health related topics.
- B. Explain the importance of health in today's society.
- C. Discuss orally and explain in writing the cause, effect, and solutions to America's major health issues: obesity, sexually transmitted disease, diabetes, alcohol and drug abuse, and cardiovascular fitness.
- D. Relate health science to other major science disciplines such as Biology, Physical Science, and Chemistry.
- E. Utilize process skills and problem solving skills to solve laboratory applications in biology, physical science, and chemistry.

ASSESSMENT MEASURES:

1. Written examinations at 100 points each
2. Quizzes (announced and unannounced)
3. Class work points: problem solving and laboratory activities, individual and/or group projects, and class participation (up to 150 points)
4. Library assignment/report (one-half to one test grade)