

Student Learning Outcomes for Health Sciences 100

Upon completion of this course, students should be able to:

1. Define health and explain how physiological, social, and emotional factors affect health.
2. Identify and evaluate personal choices and behavior patterns that contribute to longevity, well-being, and reduce risks of disease or injury.
3. Analyze ways in which personal behavior impacts the health of others in our society.
4. Describe prevalent contemporary health problems and methods of treatment.
5. Identify common infectious diseases and discuss factors that reduce transmission.
6. Evaluate and identify valid information on nutrition and fitness.
7. Describe various chemical dependencies, their effects on health, and treatments.
8. Propose a plan for enhancing personal wellness that focuses on preventive care; including positive steps for mental health and accessing the health care system.