

LABETTE COMMUNITY COLLEGE BRIEF SYLLABUS

SPECIAL NOTE:

This brief syllabus is not intended to be a legal contract. A full syllabus will be distributed to students at the first class session.

TEXT AND SUPPLEMENTARY MATERIALS USED IN THE COURSE (if any):

Please check with the LCC bookstore, <http://www.labette.edu/bookstore>, for the required texts for this class.

COURSE NUMBER:

PED 105

COURSE TITLE:

PERSONAL AND COMMUNITY HEALTH

SEMESTER CREDIT HOUR:

3

DEPARTMENT:

Physical Education

DIVISION:

General Education

PREREQUISITE:

None

REVISION DATE:

2016

TEXT AND SUPPLEMENTARY MATERIALS USED IN THE COURSE (if any):

Recommended Text: An Invitation to Health. 15th edition. Dianne Hales. Thomson and Wadsworth 2005. Supplementary materials: videos, and printed handouts.

COURSE DESCRIPTION:

Acquaints students with modern health problems and solutions. Topics are communicable diseases, social health, mental health, and consumer health with a concentration emphasis on lifestyle problems. Course meets requirements for all students interested in teaching, physical education, or nursing.

COURSE OUTCOMES AND COMPETENCIES:

Students who successfully complete this course will be able to:

1. Gather, analyze and utilize information to make decisions that promote personal and community health and wellness

2. Differentiate among dimensions of wellness as they apply to overall health.

3. Demonstrate the knowledge and skills for developing personal responsibility in health choices and quality of life.

4. Recognize the importance of demographic diversity as it applies to health and wellness issues.