



**COWLEY COLLEGE
& Area Vocational Technical School**

COURSE PROCEDURE FOR

**PERSONAL HEALTH & COMMUNITY HYGIENE
ALH6312 3 Credit Hours**

Student Level:

This course is open to students on the college level in either the freshman or sophomore year and to area high school students.

Catalog Description:

**ALH6312 - PERSONAL HEALTH AND COMMUNITY HYGIENE (P) (3 hrs)
[KRSN HSC1020]**

Designed to give the student a working knowledge of fundamental principles of healthful living as applied to the work of the individual, the school, the community, and the various levels of government in promoting health programs. Considerable emphasis is placed on mental health, stimulants and narcotics, dietary disturbances and dangers, glands of internal secretion, parenthood, and communicable diseases.

Prerequisite:

None

Controlling Purpose:

This course is designed to help provide the student with a working knowledge of fundamental principles of healthful living as applied to the work of the individual, school community and various level of government. Considerable emphasis is placed on human sexuality, parenthood, drugs and alcohol and mental health.

Learner Outcomes:

Upon completion of this course the student will have the knowledge of the essential requirements for promoting and maintaining good health.

Units Outcomes and Criterion Based Evaluation Key for Core Content:

The following defines the minimum core content not including the final examination period. Instructors may add other content as time allows.

Evaluation Key:

- A = All major and minor goals have been achieved and the achievement level is considerably above the minimum required for doing more advanced work in the same field.
- B = All major goals have been achieved, but the student has failed to achieve some of the less important goals. However, the student has progressed to the point where the goals of work at the next level can be easily achieved.
- C = All major goals have been achieved, but many of the minor goals have not been

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achieved. In this grade range, the minimum level of proficiency represents a person who has achieved the major goals to the minimum amount of preparation necessary for taking more advanced work in the same field, but without any major handicap of inadequacy in his background.

- D = A few of the major goals have been achieved, but the student's achievement is so limited that he is not well prepared to work at a more advanced level in the same field.
- F = Failing, will be computed in GPA and hours attempted.
- N = No instruction or training in this area.

UNIT 1: PERSONAL SKILLS AND TIME MANAGEMENT						
Outcomes: The student will gain an understanding of personal skills and time management.						
A	B	C	D	F	N	Specific Competencies
						The student will demonstrate the ability to:
						Set priorities in which several tasks will be accomplished
						Regular attendance and being on time for class

UNIT 2: SPEAKING SKILLS						
Outcomes: The student will gain an ability to more effectively interact with others.						
A	B	C	D	F	N	Specific Competencies
						The student will demonstrate the ability to:
						Participate in group and class communications

UNIT 3: HUMAN RESOURCE MANAGEMENT						
Outcomes: The student will better understand life styles and how to utilize new technology.						
A	B	C	D	F	N	Specific Competencies
						The student will demonstrate the ability to:
						Explain how our life styles are affected by society.
						Discuss the positive and negatives of adapting new technologies.

UNIT 4: LISTENING SKILLS						
Outcomes: The student will develop better listening skills.						
A	B	C	D	F	N	Specific Competencies
						The student will demonstrate the ability to:
						Demonstrate appropriate listening skills to be able to obtain the knowledge

							through discussion of other students, instructor, or videos.
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UNIT 5: KNOWLEDGE OF HEALTH						
Outcomes: The student will gain an increased awareness of health.						
A	B	C	D	F	N	Specific Competencies
						The student will demonstrate the ability to:
						Obtain knowledge on the human reproductive system & how it works.
						Obtain information on different types of birth control methods: effectiveness, availability & how they work.
						Summarize the different sexuality transmitted diseases how contacted, danger, symptoms, cures.
						Obtain knowledge on the process of pregnancy, process prenatal, childbirth, postnatal care.
						Information on reasons of drug use, psychological & physiological dependence.
						Summarize different classes of drugs and how the body reacts to each class, and where they come from.

Projects Required:

None

Textbook:

Contact Bookstore for current textbook.

Materials/Equipment Required:

None

Attendance Policy:

Students should adhere to the attendance policy outlined by the instructor in the course syllabus.

Grading Policy:

The grading policy will be outlined by the instructor in the course syllabus.

Maximum class size:

Based on classroom occupancy

Course Timeframe:

The U.S. Department of Education, Higher Learning Commission and the Kansas Board of Regents define credit hour and have specific regulations that the college must follow when developing, teaching and assessing the educational aspects of the college. A credit hour is an amount of work represented in intended

learning outcomes and verified by evidence of student achievement that is an institutionally-established equivalency that reasonably approximates not less than one hour of classroom or direct faculty instruction and a minimum of two hours of out-of-class student work for approximately fifteen weeks for one semester hour of credit or an equivalent amount of work over a different amount of time. The number of semester hours of credit allowed for each distance education or blended hybrid courses shall be assigned by the college based on the amount of time needed to achieve the same course outcomes in a purely face-to-face format.

Refer to the following policies:

[402.00 Academic Code of Conduct](#)

[263.00 Student Appeal of Course Grades](#)

[403.00 Student Code of Conduct](#)

Disability Services Program:

Cowley College, in recognition of state and federal laws, will accommodate a student with a documented disability. If a student has a disability which may impact work in this class and which requires accommodations, contact the Disability Services Coordinator.