

**J. Sargeant Reynolds Community College
Course Content Summary**

Course Prefix and Number: HLT 115

Credits: 1

Course Title: Introduction to Personal and Community Health

Course Description: Introduces and focuses on the principles of personal and community health. Lecture 1 hour per week.

General Course Purpose: This course will provide a brief overview of community health and personal health concepts. The course will provide students with an understanding of the concepts related to prevention, health promotion and education, and wellness in the community and for the individual. Students may use this course to satisfy the wellness general education elective.

Course Prerequisites and Co-requisites:

None

Course Objectives:

Upon completing the course, participants will be able to:

- a. Understand definition and limitations of biomedical health;
- b. Identify the roles of primary, secondary, and tertiary prevention;
- c. Identify the health care delivery system in the United States, including public health;
- d. Define concepts and terms associated with health and wellness; and
- e. Identify health problems that affect the individuals as well as the community.

Major Topics to Be Included:

- a. Definition and Limitation of Biomedical Health
- b. Primary, Secondary, and Tertiary Prevention
- c. Concepts of Individual and Community Health and Wellness
- d. Health Care Delivery System in the United States
- e. Health Status in the United States

Effective Date of Course Content Summary: September 1, 2013