

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

Course Prefix and Number: HLT 203

Credits: 3

Course Title: Men's Health

Course Description:

Provides an overview of the male anatomy and examines health status from birth to death from an interdisciplinary perspective. Topics include major, chronic and infectious diseases, mental health, andropause, stress, sleep, aging, exercise, nutrition, sexual health, grooming and the impact of a male role model on health. Total 3 hours per week.

General Course Purpose:

The focus of this course is a historical overview of men's health and identifies current health issues. Students have opportunities to critically explore a broad array of men's health concerns across the lifespan from an interdisciplinary perspective. This course will serve as an approved general education wellness elective.

Course Objectives:

Upon completing the course, the student will be able to

- a. Identify risk factors for morbidity and mortality in men across the lifespan.
- b. Identify key functions of a National Institute of Health of Men's Health.
- c. Explain the different approaches to health prevention practices between men and women.
- d. Summarize scholarly articles in peer reviewed journals.
- e. Assess family health history.
- f. Analyze peer commentary and provide discussion synchronously or asynchronously.
- g. Evaluate current personal health status.

Major Topics to be Included:

- a. Historical overview of men's health, major diseases, and lifestyle
- b. Cancer: testicular, prostate, colorectal, and lung
- c. Chronic diseases to include cardiovascular disease and diabetes
- d. Infectious disease: communicable and STIs
- e. Mental health
- f. Prevention
- g. Managing stress and dispelling stressors
- h. Lifestyle factors to include stress, work, sleep, nutrition and exercise
- i. Role of the male role model
- j. Male hygiene

Effective Date of Course Content Summary: January 1, 2012