

**Northwest Arkansas Community College**  
Social and Behavioral Sciences Division

**Discipline Code**

HLSC

**Course Number**

1103

**Course Title**

Personal Health and Safety

**Catalog Description**

Examination of common health and safety problems, including evidence based risk assessments. National and global health and safety related issues are investigated with a focus on differentiating credible and non-credible sources of information. Specific behaviors associated with improved health outcomes are discussed.

**Prerequisites**

N/A

**Credit Hours**

3 credit hours

**Contact hours**

45 contact hours

**Load hours**

3 load hours

**Semesters Offered**

On Demand

**ACTS Equivalent**

N/A

**Grade Mode**

A-F

**Learning Outcomes**

Students completing this course will:

- Differentiate between credible and non-credible sources of information about health and personal safety
- Explain specific actions associated with improved health outcomes
- Discuss national and global health and safety related issues

- Identify specific behaviors that would promote personal health

### **General Education Outcomes Supported**

- N/A

### **Standard Practices**

#### **Topics List**

- N/A

### **Learning Activities**

- N/A

### **Assessments**

- N/A

### **Grading Guidelines**

- N/A

Last Revision Date: Spring 2022