

NorthWest Arkansas Community College
Division of Social and Behavioral Sciences, Education and
Wellness, Legal and Protective Services

HLSC 1103 (Personal Health and Safety)

Catalog Description:

Personal Health & Safety is an entry-level 8 or 16-week distance learning or classroom course. Students taking this course will: Understand the relationship between health, wellness, and quality of life; Learn about specific actions that improve health and wellness; Become familiar with credible sources of information of health and wellness; Improve awareness of national and global health related issues; and feel motivated to lead a healthy life! This 3-hour credit course is offered online over the course of the semester and involves participation in weekly discussion questions about current health & wellness issues as well as weekly quizzes. It also includes opportunity to review current videos &/or best sellers regarding health & wellness trends and provide an abstract of what you discovered. Healthy eating, and exercise plan and discerning nutrition facts from pseudoscience. The text for Personal Health & Safety: iHealth; Sparling, Redican - 2nd edition is a well-illustrated text that serves as a tool for the leisure reader to the serious student. Upon completion of this course, students will be a well-informed consumer.

Credit Hours/Contact Hours/Load Hours:

3/3/3

Target Audience / Transferability:

Discussion of health and safety problems with emphasis on the promotion of individual health and safety concepts.

Course Objectives: At the end of this course, students should:

- Understand the relationship between health, wellness, and quality of life
- Learn about specific actions that improve health and wellness
- Become familiar with credible sources of information of health and wellness
- Feel motivated to lead a healthy life
- Improve awareness of national and global health related issues