

HE 250 : Personal Health

Inspires close examination and evaluation of factors that influence one's personal health and wellness. Involves critical analysis of health information related to the biological, psychological, sociocultural, and environmental impacts on personal health from a wellness perspective.

Credits 3

Subject

Health

Course Outcomes

Upon completion of the course students will be able to:

- Explain how biological, psychological, sociocultural, and environmental factors influence personal and community health.
- Apply the Socioecological model to assess personal health status and use a variety of wellness enhancement strategies.
- Use health literacy skills to critically evaluate and inform health-related decisions.
- Apply critical thinking skills to analyze strategies for self-assessment, behavior change and modifying health risks.