

# PUBLIC HEALTH SCIENCES (PHLS)

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## **PHLS 1110G Personal Health & Wellness 3 Credits (3)**

A holistic and multi-disciplinary approach towards promoting positive lifestyles. Special emphasis is placed on major problems that have greatest significance to personal and community health. Topics to include nutrition, stress management, fitness, aging, sexuality, drug education, and others. Repeatable: up to 3 credits.

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## **PHLS 2110 Foundations of Health Education 3 Credits (3)**

Role and responsibility of the health educator with emphasis on small group dynamics, oral and written communication skills, building community coalitions and introduction to grant writing. Cannot receive credit for both PHLS 2110 and PHLS 375. Repeatable: up to 3 credits.

**Prerequisite(s):** PHLS 1110G

### **Learning Outcomes**

1. By the conclusion of this course, students successfully completing this course should be able to:
2. Define health, three levels of prevention, health education and health promotion, and describe the major determinants of health.
3. Describe the 7 major areas of responsibility, major competencies and sub-competencies of a professional health educator and the CHES's possible roles in various community health settings.
4. Describe and examine the historical context and development of the profession of health education.
5. Identify and critique major processes and practices of health education programming.
6. Describe the steps involved in conducting needs assessments, program and intervention planning, implementation, and program evaluation.
7. Identify, examine and describe elected health behavior change theories and models and explore possible applications in health education practice.
8. Describe and discuss the process of community mobilization and building of a community coalition.
9. Identify health issues and describe effective methods/strategies in health education advocacy. 1
10. Describe and discuss the future trends and issues in the professional preparation and practice of professional health educators. 1
11. Demonstrate effective and appropriate oral and written communication skills for health education professionals.

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## **PHLS 2120 Essentials of Public Health 3 Credits (3)**

The course will focus on principles and major areas of public health, including ecological and total personal concept of health care system, epidemiological approaches to disease prevention and control.

Repeatable: up to 3 credits.

### **Learning Outcomes**

1. Understand the sources of public health data, and how to interpret that information.
2. Access existing health related data. Analyze health related data.
3. Identify populations for health education programs.
4. Incorporate data analysis and principles of community organization.
5. Interpret results from evaluation and research. Infer implications from findings for future health-related activities.
6. Have a basic understanding of health topics faced by various populations.

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