

# Bemidji State University

## HLTH 3200: Personal and Consumer Health

### A. COURSE DESCRIPTION

Credits: 3

Lecture Hours/Week: \*.\*

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

A comprehensive study of personal health identifying ill-advised health behaviors and recommending strategies for positive behavioral change. From an opportunity cost perspective, personal health care options, products and services in the marketplace will be examined. Opportunities to network with local, state and federal consumer health agencies will be provided. Prerequisite or Co-requisite: For Community Health and Health Education majors and Health Promotion and Education minors: HLTH 3150; Non-majors/minor may select this class with consent of instructor.

### B. COURSE EFFECTIVE DATES: 08/26/1997 - Present

## **C. OUTLINE OF MAJOR CONTENT AREAS**

1. Advertising & Other Promotional Activities
2. Basic Nutrition Concepts
3. Cancer
4. Cardiovascular Diseases
5. Consumer Health Issues
6. Consumer Laws, Agencies & Strategies
7. Coping with Death
8. Dental Care
9. Drug Products
10. Fitness Concepts, Products & Services
11. Frauds & Quackery
12. HIV AIDS
13. Health Care Economics
14. Health Devices
15. Health Insurance
16. Health-Care Facilities
17. Mental & Behavioral Help
18. Nutrition Fads, Fallacies, & Scams
19. Science-Based Health Care
20. Separating Fact from Fiction: Epistemology
21. Sexual & Reproductive Health
22. Skin Care & Image Enhancement
23. The Complementary and Alternative Medical (CAM) Movement
24. Weight Control

#### **D. LEARNING OUTCOMES (General)**

1. be able to critically analyze advertising for health products and services.
2. be able to the types and intelligent use of health-care facilities.
3. be able to take intelligent action to reduce the risk of cardiovascular disease.
4. be able to discuss why and how people should exercise appropriately.
5. be able to explain why consumer vigilance is important in the health marketplace.
6. be able to discuss the problems in our health care system and what might be done personally and politically to solve them.be able to discuss how government agencies, voluntary groups, and informed consumers can strive to create an ethical health marketplace.
7. be able to discuss the problems associated with several types of health devices.
8. be able to make intelligent decisions about dental care.
9. be able to make intelligent decisions about the prevention and treatment of cancer.
10. be able to discuss the principles and methods of weight control.
11. be able to make intelligent decisions to protect self against fraud and quackery in the health marketplace.
12. be able to make intelligent decisions about the products and services available for arthritis treatment.
13. be able to select and utilize an appropriate health insurance plan.
14. be able to take prudent actions related to reproductive and women's health issues.
15. be able to make prudent decisions about practices, procedures, and products related to death.
16. be able to select appropriate self-care activities when needed.
17. be able to select appropriate mental health care when needed.
18. be able to apply basic nutrition concepts to choose a healthful diet.
19. be able to select and communicate effectively with health-care personnel.
20. be able to judge the reliability of many sources of information.
21. be able to make prudent selection and use of drug products.
22. be able to form judgments about the public health impact, prevention, and treatment of AIDS.
23. be able to draw intelligent conclusions about the utility of alternative health care.
24. be able to question popular food fads and fallacies, their promotion, and their promoters.

#### **E. Minnesota Transfer Curriculum Goal Area(s) and Competencies**

None

#### **F. LEARNER OUTCOMES ASSESSMENT**

As noted on course syllabus

#### **G. SPECIAL INFORMATION**

None noted