DEPARTMENT: Health, Physical Education and Dance

COURSE: IS-151 The Health of the Nation

HOURS & CREDITS: 2 class hour, 2 credits

PREREQUISITE: None

Curricula for which this course is required: This two credit, two hour course of study is a core requirement for students matriculated in the A.S. in Health Sciences curriculum.

Course Description: This course provides an examination of the health status of different populations in the United States. Concepts of epidemiology, health promotion and disease prevention are discussed. The characteristics of special populations are addressed, as are some of the major threats to the health, safety and welfare of individuals and society.

SUMMARY OF MAIN TOPICS COVERED IN THE COURSE:

- Introduction to Community Health
- Creating Healthy Communities
- Prevention and Control of Diseases
- Health Disparities
- The State of Our Food (Global Hunger and Obesity)
- Community Mental Health
- Environmental Health
- HIV/AIDS Pandemic
- Community Drug Abuse
- Sexual/Reproductive Health
- Current Issues in Community and Public Health

QCC GENERAL EDUCATION OBJECTIVES AND CURRICULAR OBJECTIVES ADDRESSED BY THE COURSE:

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<tr>
<th>Objective</th>
<th>Description</th>
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<td>1.</td>
<td>Students will communicate effectively through reading, writing, listening, and speaking. Students will write a 2 page reaction paper to 1 of 3 articles posted on E-Reserve.</td>
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<td>2.</td>
<td>Students will use analytical reasoning skills and apply logic to solve problems. Students will choose a health problem affecting a target population and will design an intervention to help the community in crisis.</td>
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<td>3.</td>
<td>Students will integrate knowledge and skills in their major field and across disciplines. Students relate psychology, sociology, and biology to the study of health.</td>
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<td>4.</td>
<td>Students will use information management skills effectively for academic research and lifelong. Students will conduct a literature review of relevant community health topics and analyze each study of</td>
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Students are required to incorporate health concepts discussed in class, from other literature and visual resources and personal experiences into their project.

Students will make a presentation in class on topics in community health interventions.

5. Students will work collaboratively in diverse groups directed at accomplishing learning objectives.

### COURSE OBJECTIVES/ STUDENT LEARNING OUTCOMES:

<table>
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<tr>
<th>Course objectives</th>
<th>Learning outcomes</th>
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| 1. Students will describe and discuss the impact of public health on various health behaviors. | a. Students will describe current local anti-tobacco laws.  
   b. Students will discuss the fast food industry.  
   d. Students will identify governmental laws and agencies that shape public health. |
| 2. Students will discuss the current leading preventable causes of death. | a. Students will describe the current obesity epidemic in the U.S. among children and adults.  
   b. Students will identify and define the leading causes of death among first-hand and second-hand smokers. |
| 3. Students will define and differentiate between personal and community health. | a. Students will define the Healthy People 2010 goals and objectives.  
   b. Students will name the most important health problems facing their community.  
   c. Students will identify racial and ethnical classifications. |
| 4. Students will define and identify mental health and mental disorders. | a. Students will explain why mental health is one of the major community health problems in the U.S.  
   b. Students will describe the three basic approaches to treatment for mental disorders. |
| 5. Students will identify the causes and symptoms related to addictive behaviors. | a. Students will list various types of addictive behaviors.  
   b. Students will identify personal and community consequences of alcohol and drug abuse.  
   c. Students will list and describe community and school drug abuse prevention programs. |
| 6. Students will define the global AIDS pandemic. | a. Students will define and describe infectious diseases.  
   b. Students will discuss the current social trends and political views pertaining to AIDS. |
| 7. Students will identify how human activities affect the environment. | a. Students will define global warming, ozone layer.  
   b. Students will identify steps to reduce pollution. |

**Required Text:**

Zinger, Lana. *Introduction to Public Health*: Kendall/Hunt; 2009  

**Recommended Text:**


**Web Resources:**


**Methods By Which Student Learning Will Be Evaluated:**

A. Class Exams  
B. Final Exam  
C. Completion of assigned readings from text  
D. One reaction/response paper  
E. Class presentation  
F. Class participation  
G. A “1 Minute” paper at the end of class where students are asked to write down:  
   1. What they learned from class/what they liked and  
   2. What, if anything is confusing for them.

**Academic Integrity:**

The college has an academic integrity policy and program. Students should be aware of the academic integrity policy as described in the Queensborough Community College Catalog and provided here: [http://www.qcc.cuny.edu/Governance/AcademicSenate/COAI/Docs/Academic_Integrity_Document.pdf](http://www.qcc.cuny.edu/Governance/AcademicSenate/COAI/Docs/Academic_Integrity_Document.pdf)

**Accommodations for Students with Disabilities:**

As stated in the current QCC catalog, any student who needs specific accommodations based upon the impact of a disability should register with the office of Services for Students with Disabilities (SSD) to be eligible for accommodations, which are determined on an individual basis. The SSD office is located in the Science Building, room S132 (718-631-6257). Students should also contact the instructor privately to discuss their specific needs.