

University of Arkansas – Fort Smith
5210 Grand Avenue
P.O. Box 3649
Fort Smith, AR 72913-3649
479-788-7000

General Syllabus

PHYE 2853 Health and Safety

Credit Hours: 3

Lecture Hours: 3

Prerequisite: None

Effective Semester: Fall 2008

I. Course Information

A. Catalog Description

A study of individual and group health problems, including diet; mental health; medical care; community health services; drug, tobacco, and alcohol abuse; and reproduction, venereal disease, and other health subjects. (ACTS: HEAL 1003)

B. Additional Information

This course is designed to include individual and group health problems. By the use of lectures, outside professional speakers, and films, the students will have the opportunity to evaluate scientific materials to enable them to make proper health decisions about their individual health care.

II. Student Learning Outcomes

A. Subject Matter

Upon successful completion of this course, the student

1. Will have a broader knowledge of health
2. Will be acquainted with major health problems—physical, social, and environmental.
3. Will have been provided scientific materials to enable the student to make proper individual health decisions.
4. Will have been presented areas of health assuming this will be the only health course a majority of students will ever pursue.

B. University Learning Outcomes

This course enhances student abilities in the following areas:

Communication Skills

Students will write and convey orally information concerning individual and group health problems.

Analytical Skills

Students will be required to develop analytical skills and apply these to problems arising in the field of study. Evaluation and analysis of health problems is emphasized.

Ethics

Students will develop an awareness of ethical issues and will be able to discuss these in the context of good judgment and privacy of information. Students will also develop sound professional attitudes in the field.

III. Major Course Topics

- A. Meaning of "Health"; Mental Health
- B. Choosing a Family Physician
- C. Physical Fitness; Stress
- D. Nutrition, Weight Control
- E. Digestive System
- F. Life Styles; Marriage and Family
- G. Alcohol, Tobacco, Drugs
- H. Cardiovascular Diseases; Cancer
- I. Communicable Diseases
- J. CPR; AIDS
- K. Reproductive System and Birth
- L. Accidents and Safety
- M. Environmental Health
- N. First Aid Procedures

